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China Fashion Week **Walkin' the dog**

FENG LI/GETTY IMAGES

A model wears a creation from Italian brand Lotto yesterday at the Lotto Live It Up launch event during China Fashion Week in Beijing.

Harsh reality

Governments extend auto funding, but add warning

The federal and Ontario governments are extending $4 billion in stop-gap funding for Chrysler Canada and General Motors Canada while warning both the automakers and workers they need to face the troubled auto sector's new harsher reality.

But the demand for more labour concessions was sharply rejected by leaders of the Canadian Auto Workers, who said the union had already done its part.

"The answer is no," said CAW president Ken Lewenza. "We can't resolve the crisis that we have in the auto industry at the bargaining table."

Deadlines

- The governments are giving GM until the end of May to resubmit a new restructuring plan that would include concessions from all major stakeholders, including unions. Chrysler has been given until the end of April to complete a merger deal with Fiat SpA and submit its plan for long-term viability.

The possible new stumbling block adds yet one more hurdle to an already difficult and complicated set of negotiations involving the governments of the United States, Canada, Ontario, two troubled automakers, and a merger between Chrysler and Italian automaker Fiat SpA.

Earlier, U.S. President Barack Obama issued the two car companies an ultimatum, refusing further funding until they come up with radical restructuring plans to secure long-term survival.

The Canadian governments followed suit with an identical statement, but did agree to put up the $4 billion previously offered last December in order to tide the companies over until the new deadlines.

THE CANADIAN PRESS

MORE COVERAGE, PAGE 10

Compose a new ditty for the city

To celebrate Toronto's 175th anniversary, Mayor David Miller wants someone to come up with a ditty for the city paying homage to the city's "amazing spirit and its unparalleled diversity."

The competition, which officially began yesterday, will accept entries until May 30, and is open to Canadian residents aged 13 and older. All music genres are welcome, including pop, rock, jazz, rap, folk, roots and world music, but songs must last no longer than four minutes.

The winner, to be announced this summer, will receive $5,000. Only online submissions will be accepted at www.toronto.ca/175/song_contest.

TORSTAR NEWS SERVICE

Celebrity Buzz pg 33

Kate drinks Lily under the table

Health pg 20

Best nutrients for athletics

Your Money pg 14

Take advantage of 'free' money

Workology pg 19

Jumping into your office pool

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††Approximate retail value as of the date contracts were negotiated with its suppliers. Due to housing market fluctuations, the market value of the prize may rise or diminish over time. Winner or charity is not entitled to the difference, if any, between the stated and actual market value at the time the prize is awarded. †All inquiries, if any, regarding the "Chances of Winning" are to be made to the licensee prior to the purchase of ticket(s). Only 330,000 tickets will be sold. For a complete list of prizes and rules, visit us online at HelpConquerCancer.ca. Lottery Licence #1371

Drug bust results in 22 arrests
Twenty-two people are facing drug charges after Peel police raided two floral shops and three delis in Brampton and Mississauga and seized drugs that police say are worth $1.7 million. The bust last Friday turned up 432.5 kilograms of grey powder suspected to be the poppy-derived drug doda. TORSTAR NEWS SERVICE

Local

Hillier joins Tory leadership race

Randy Hillier, left, is joining caucus colleague Frank Klees on the ballot for the leadership of the Ontario Progressive Conservatives. Klees, who represents Newmarket-Aurora and was third in his 2004 leadership bid, announced his intention to run in an interview with CTV News on Sunday. Hillier, who holds the eastern Ontario riding of Lanark-Frontenac-Lennox and Addington, said yesterday he would also seek the leadership. THE CANADIAN PRESS

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Tomorrow's Metro

Metro Drive

Vin Diesel's back, so are the cool cars. Metro checks out the hot wheels of Fast and Furious.

metronews.ca

What's online today.

Video Victims' families hold purification ceremony as Robert Pickton appeal begins at **metronews.ca/canada**

Video A new economy begins to take shape in Nunavut as mining dollars start to flow at **metronews.ca/canada**

Your Money Allan Small on the hazards of easy access to investment advice at **metronews.ca/investing**

Lotteries

Ontario Pick 3: 2 6 1; **Ontario Pick 4** : 2 2 8 5
Encore: 7526990
Daily Keno: 3, 4, 5, 12, 14, 16, 17, 24, 25, 27, 34, 38, 42, 44, 53, 56, 61, 64, 65, 69.
These results are not official.

TTC riders protest parking fee

Free parking for employees upsets Metropass users who have to pay

Metropass users, bracing for new parking fees at TTC lots starting tomorrow, are crying foul over the transit system's decision to allow its 12,000 employees to continue using 13 lots for free.

"If they get it for free, why wouldn't we?" said Emesh Aube, one of the TTC patrons behind an online petition protesting the fees for Metropass holders, who traditionally have used the lots for free.

The TTC says the employee parking is justified because many of its workers get the system up and running, so they're starting their day before transit alternatives are available.

"The objective is that we want our employees to get to work so they can begin service for our customers. Our employees have, over the years, been permitted to use the lots with their employee passes. We felt as an employer it was important to maintain that relationship with them," said TTC spokesperson Brad Ross.

The TTC notified all its employees that their parking privileges were under discussion in a Feb. 12 memo. It stated the parking privileges can be revoked with 14 days' notice or if the customer demand for the space increases or when the current collective agreement with the TTC's 9,500 unionized workers expires.

The TTC announced last year that it would begin charging Metropass users, who previously had free access to its 30 parking lots, between $2 and $12 a day. TORSTAR NEWS SERVICE

Parking lots that are free for TTC staff

- Downsview
- Islington Cordova and Main
- Kipling North and South
- Finch East and West
- Wilson Main, South and West Yorkdale
- Warden North
- Kennedy Main

Court rules against British MP's entry

TERRORISM The Canadian Jewish Congress is applauding a Federal Court decision to deny controversial British MP George Galloway an emergency injunction that would allow him to enter Canada.

The federal government has told Galloway he could not enter the country because he allegedly engaged in terrorist activities — a claim the British MP denies.

George Galloway

Federal Court Justice Luc Martineau denied a request for an injunction to allow Galloway in to begin his speaking tour.

In a release, the Canadian Jewish Congress says Canadians should be proud that Galloway is not welcome in Canada.

The court decision prevents Galloway from appearing in person at an event in Toronto this evening, the first of four scheduled events — but he will deliver comments by video.

James Clark, an organizer for Galloway's speaking tour, says the British MP will not attempt to enter Canada as he has no intention of breaking the law.

In a letter to Galloway, the government says the MP delivered humanitarian goods to war-torn Gaza and gave $45,000 to Hamas, which is a banned terrorist organization in Canada. THE CANADIAN PRESS

Energy Retrofit plan unveiled

MARKETWIRE PHOTO/NATURAL RESOURCES CANADA

Minister of Natural Resources Lisa Raitt, left, assists Wendy Cooke, an NRCan-certified energy adviser, with a home energy evaluation in Toronto yesterday. Raitt announced a $300 million expansion of the ecoENERGY Retrofit Plan.

News in brief

BABIES The infant mortality rate for native babies in Canada, the United States, Australia and New Zealand is up to four times that of non-native newborns, says a groundbreaking new study. New comparisons released yesterday also show elevated rates of sudden infant death, injury, suicide and accidental death among aboriginal kids in all four countries. THE CANADIAN PRESS

Metrolinx, GO merger proposed

TRANSIT Ontario is looking to merge regional transit agency Metrolinx with GO Transit in a bid to move transit projects forward more quickly and remove sitting politicians from the proposed new agency's board.

Transportation Minister Jim Bradley said the merger will allow the province to begin projects sooner, improve service for millions of commuters, and create thousands of construction jobs.

"There's been some good planning done already by the Metrolinx board," Bradley said. "We now have to implement those plans, and the people that we have chosen we believe will be able to do that effectively." THE CANADIAN PRESS

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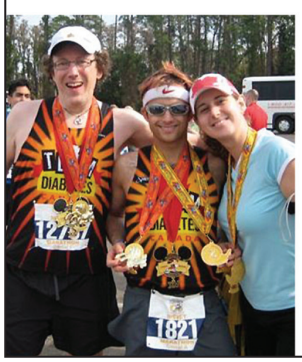

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Man's arm severed at workplace
A man's arm was severed during an industrial accident at a pasta-making facility in Scarborough early yesterday. The 45-year-old man was rushed to a downtown hospital for emergency surgery, but police were unable to say if doctors were able to reattach the limb. TORSTAR NEWS SERVICE

McGuinty backs minimum wage hike

Premier vows to stick with promise

Ontario's minimum wage will rise to $10.25 per hour next spring as promised, Premier Dalton McGuinty said yesterday, just three days after musing that he may put the brakes on the planned hike.

Issuing a rare mea culpa in the provincial legislature, McGuinty quickly backtracked from his earlier comments that he might not raise the hourly wage in 2010 as promised.

"It does call for some clarification on my part, and I take responsibility for muddying the waters," he said.

"Our commitment was to get to $10.25 an hour one year from now, and we will honour that commitment."

NDP Leader Andrea Horwath pounced on McGuinty's about-face and demanded to know whether he had finally made up his mind.

SEAN KILPATRICK/THE CANADIAN PRESS

Premier Dalton McGuinty

"While the premier is flip-flopping around and musing about this raise, people were worried. People were very concerned," she said.

"So now I need to ask the premier: Which premier are they supposed to believe? The premier that was musing a few days ago, or the premier that yet again made another promise today in this legislature?"

Today, the minimum wage will go up to $9.50 per hour from $8.75.

McGuinty was accused of shortchanging Ontario's poorest workers last Friday when he indicated the recession could prevent his government from hiking the hourly wage to $10.25 on March 31, 2010.

His surprise comments came just a day after his Liberal government tabled a budget that indicated it was on track to fulfil its promise to raise the minimum wage next year.

Finance Minister Dwight Duncan defended McGuinty's minimum wage flip-flop as simply confirming the plans the government had outlined in last year's budget.

"That's the schedule that we originally laid out and the premier just reaffirmed that today," he said yesterday. THE CANADIAN PRESS

Shopping **Finding fresh veggies**

CARLOS OSORIO/TORSTAR NEWS SERVICE

People are seen shopping for fruits and vegetables yesterday at the Loblaws grocery store on Yonge Street and Empress Avenue.

Cheaper island airport flights

FEES Flying from Toronto's island airport could soon be cheaper, thanks to $5 million in new federal spending announced yesterday by Public Safety Minister Peter Van Loan.

Peter Van Loan

The money will pay for customs services at six airports in Canada.

"Previously, such services were paid for by the air carrier and, effectively, charged back through fares," Van Loan said at a news conference at the island airport.

"What does it mean? Lower-cost air travel (and) higher levels of service," the minister said.

Border services at bigger airports such as Pearson International are already publicly funded.

The funding falls under the new Air Services Policy Framework, which doles out money based on the number of international travellers and flights at an airport.

TORSTAR NEWS SERVICE

Cures for childhood disease now come delicately wrapped in gold foil.

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Time to get serious about net security: Researchers

CYBER SPY Canadian researchers who discovered a cyber spy network say now is the time to get serious about Internet security and policing the online world.

The spy network, based mainly in China, accessed classified documents from government agencies and was uncovered by the Information Warfare Monitor.

The group's probe initially focused on allegations of Chinese cyber espionage against the Tibetan community in exile, including the Dalai Lama, who is frequently denounced by Chinese officials.

The research eventually led to a much wider discovery of compromised machines.

The group, a joint effort of the SecDev Group in Ottawa and the Citizen Lab at the University of Toronto, says Canada has an opportunity to take the lead in researching and implementing new safeguards in cyberspace.

Principal investigators Ron Deibert and Rafal Rohozinski say governments have long underestimated the importance and implications of cyber warfare, and their report serves as a wake-up call.

THE CANADIAN PRESS

Development facilities closed

INSTITUTIONS The last of the sprawling complexes that were Ontario's institutions for the developmentally disabled are falling silent, as the rooms empty of the last remaining residents and the storied facilities shut their doors.

Today marks the end of an era in social services in the province with the official closures of the last of the institutions, which the government and community living advocates say heralds a new age of social inclusion. THE CANADIAN PRESS

News in brief

CONSTRUCTION A ring that was stealing construction equipment in the GTA and Hamilton has been dismantled and almost $1 million worth of machinery recovered, police say.

HEALTH A single pill that combines five cardiovascular drugs could revolutionize treatment of coronary ailments, according to research led by McMaster University physicians.

TORSTAR NEWS SERVICE

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See Owner Manual for complete details. ∞∞Offer valid at participating Chevrolet dealers with the purchase of an eligible 2008 or 2009 model year new Chevrolet Aveo, Chevrolet Cobalt or Chevrolet HHR vehicle in Canada between February 13, 2009 and June 1, 2009. This program excludes all Cadillacs, Chevrolet Express, GMC Savana and Medium duty trucks. The 160,000 km Warranty is transferable to subsequent owners and is subject to certain deductibles. See dealer for complete details. ▲Based on 2009 Natural Resources Canada Fuel Consumption Guide. Your actual fuel consumption may vary. ♦Applies to 2009 Cobalt XFE (1AJ37769). Based on Natural Resources Canada's 2009 Fuel Consumption Guide and Chevrolet Market Segmentation. Your actual fuel consumption may vary. ‡Offer applies to new 2009 Chevrolet Aveo, Chevrolet Cobalt XFE Coupe or Sedan 1SP, Chevrolet HHR 1LS, 1LT and 1LZ models financed through GMAC on approved credit by Ally Credit Canada Limited. Offer may be changed or withdrawn at any time without notice. Down payment and/or trade may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $10,000 at 0% for 72 months, the monthly payment is $138.89. Cost of borrowing is $0, total obligation is $10,000. Offers are unconditionally interest-free. Freight and taxes are not included for bi-weekly payments based on a purchase price of $15,095 with $2,350 down payment. 0% purchase financing for 60 months available on the following 2009 models: Chevrolet Cobalt LT/Sport/SS, Uplander. 0% purchase financing for 48 months available on the following 2009 models: Chevrolet Colorado. 0% purchase financing for 36 months available on all other 2009 models except: Chevrolet Corvette, Trailblazer, Tahoe, GM vans, GMT 560 family 2, 3 & 7. Example: $10,000 at 0% for 36/48/60 months, the monthly payment is $277.78/$208.33/$166.67. Cost of borrowing is $0, total obligation is $10,000. Financing available on approved GMAC credit only. Down payment and/or trade may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Offers are unconditionally interest-free. Freight, taxes, license, insurance, registration fees and taxes are not included. Offers apply as indicated to the purchase of 2009 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (excluding Outaouais). Dealer order or trade may be required. Dealers are free to set individual prices. Limited time offer which may not be combined with other offers. See your dealer for conditions and details. △Based on 2009 Natural Resources Canada Fuel Consumption Guide. Your actual fuel consumption may vary. ▪2008 Aveo5 vs. 2009 Aveo5 fuel consumption. 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Crown withdraws manslaughter charge against youth

The Crown has withdrawn a manslaughter charge against a 14-year-old Mississauga youth who was one of three teens accused of stabbing Brandon Paltooram, 19, to death outside a house party last Thanksgiving. The 14-year-old male, who was released on bail last October, can't be named. TORSTAR NEWS SERVICE

LUCAS OLENIUK/TORSTAR NEWS SERVICE

Letter carrier Charlie Quattropani reads a sign posted in front of a house on Kingswood Road that pleads for the safe and humane removal of a coyote that has been frequenting the area.

Coyotes' reprieve

Animals roaming Beach won't be killed

The death sentence is off for a pair of Beach-area coyotes, though the animals could still be headed to prison or rehab. Provided, of course, they can be caught.

"They are fairly wily animals. They are not easy to trap," said Natural Resources Minister Donna Cansfield.

The coyotes, who have been roaming around Neville Park Boulevard, were thrust into the media spotlight after one snatched a dog in broad daylight in front of its owner.

"They are fairly wily animals. They are not easy to trap."
Donna Cansfield, natural resources minister

Cansfield yesterday gave them a reprieve by clearing their transfer to another location, likely a zoo or animal rehabilitation facility. Under the Ontario Fish and Wildlife Conservation Act, animals can be relocated only as far as one kilometre away, unless the ministry approves a farther move.

The news followed a Friday announcement that the city had laid traps and planned to euthanize the animals once captured.

Spokesperson Rob Andrusevich said the ministry had denied the city permission to relocate them farther away. "So that left us with no choice but to euthanize," he said.

Ministry biologists will decide where the animals should be taken after they are caught, Cansfield said. TORSTAR NEWS SERVICE

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MICHAEL STUPARYK/TORSTAR NEWS SERVICE

Weston Collegiate Institute teacher Anna-Price Farago records students Devante Burey, left, and Valencia Lubrin as they demonstrate their video making techniques.

Weston students in tune with Obama

One by one, over the course of a day, high school students came into English teacher Anna-Price Farago's classroom to choose a sentence, come up with a tune, or a rap, and lend their voices to a video for Weston Collegiate Institute's Black History Month assembly.

The result is a deeply moving six-minute "Obama video" that meshes the voices of the students with chosen moments from the U.S. president's Jan. 20 inauguration speech.

When the school watched it during the assembly they were moved to tears, said Devante Burey, a Grade 11 student who raps in the video.

"Everyone was silent, and some of the teachers were crying," said Burey. "At Weston, silence means a good thing."

Their goal now is to get W2W, or "Weston to the White House," and to have Obama view the video. TORSTAR NEWS SERVICE

News in brief

TASER The civilian body overseeing Toronto police is asking the force for more details about the 122 times people were Tasered in 2008. Pam McConnell, acting chair of the Toronto Police Services Board, said yesterday several facets of the report on the use of stun guns are vague and misleading.

HEARING An attempt by Ontario Provincial Police Commissioner Julian Fantino to put a stop to a murky disciplinary hearing has been put on hold. An Appeal Court judge yesterday pressed the two sides to come to a deal rather than have him rule on granting a stay.

LAWSUIT Saranjeet Benet, a 37-year-old Brampton man, is attempting to launch a class-action lawsuit against the federal government for failing to investigate and deport foreigners who allegedly trick Canadians into marriages of convenience. METRO NEWS SERVICES

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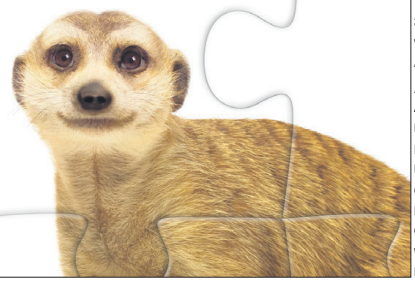

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363 Front St. W (City Place)
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9301 Bathurst St.

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Suspicious death now called murder

Police in London, Ont., are now saying the suspicious death of a woman last week was murder. The body of 25-year-old Lisa Leckie was discovered by her partner in their apartment last Tuesday morning. Investigators aren't disclosing how Leckie died. THE CANADIAN PRESS

Canada

Revise regulations: Bank chief

The world needs a new way to supervise and regulate financial systems to restore stability and might want to follow Canada's example, the governor of the Bank of Canada said yesterday. In a lecture to the University of Alberta's school of business, Mark Carney, left, said Canada has weathered the financial storm better than most.

THE CANADIAN PRESS

History's crossroads

PM attending 2 key summits

Nothing less than global economic stewardship and the future of the world's most powerful military alliance are on the line as Prime Minister Stephen Harper flies to Europe for two key summits at one of history's crossroads.

While Canada is well positioned to influence both, Harper will be elbowing for space amid a cacophony of often-competing interests at the G20's economic agenda and the following NATO summit with its focus on Afghanistan.

The G20 meets tomorrow and Thursday amid what its leaked draft communique calls the "greatest challenge to the world economy in modern times, a crisis affecting the lives of ordinary men, women, and children around the world." THE CANADIAN PRESS

G20 facts

- **What it is:** Started in 1999 after the Asian financial crisis. Consists of finance ministers and central bank governors from 19 countries and the European Union, as well as the International Monetary Fund and World Bank.

PATRICK DOYLE/THE CANADIAN PRESS

German-Canadian businessman Karlheinz Schreiber waits for the start of the Mulroney-Schreiber hearing yesterday in Ottawa.

Lobbyists claimed support

Lobbyists promoting a project to build German-designed armoured vehicles in Canada claimed to have the support of then-prime minister Brian Mulroney for the deal, a public inquiry heard yesterday.

But Bill McKnight, who served at the time as Mulroney's defence minister, said he wasn't convinced they really had his boss onside.

McKnight was the first witness to testify at the inquiry called by Prime Minister Stephen Harper to probe the contentious business dealings between Mulroney and German-Canadian arms dealer Karlheinz Schreiber.

THE CANADIAN PRESS

Child found abandoned in car outside Calgary casino

RESCUE Calgary police rescued a young child who was left in a car in a casino parking lot for six hours in frigid temperatures.

Police say they were called early yesterday by someone from the casino who heard a child's crying coming from the car.

When police arrived, they found an underdressed 21-month-old boy, cold and crying. The tot wasn't wearing any socks or shoes, Duty Insp. Rob Williams said in a release.

The boy was taken to hospital, but his condition wasn't considered life-threatening. Police found the boy's 50-year-old father inside the casino and charged him with abandoning a child.

The temperature was around –8 C at the time.

THE CANADIAN PRESS

News in brief

CARIBOU A group of Quebec hunters has killed off almost half of a threatened caribou herd in southern Labrador while throwing rocks and rope at conservation officers in helicopters, Newfoundland and Labrador's natural resources minister confirmed yesterday. Kathy Dunderdale said the aboriginal hunters are members of Innu bands from eastern Quebec, and she has no idea why they are hunting the Joir River herd, which included about 100 animals before the hunting started last week. THE CANADIAN PRESS

Guilty plea in shooting of toddler
An Alberta man charged in a drive-by shooting that left a bullet lodged just a centimetre from a toddler's heart has pleaded guilty to aggravated assault and other charges. Christopher Crane, 19, entered the plea during a court appearance in Wetaskiwin, Alta. THE CANADIAN PRESS

DARRYL DYCK/THE CANADIAN PRESS

Family and friends of Robert Pickton's victims hold a drum circle outside the British Columbia Court of Appeal where the serial killer's appeal was taking place in Vancouver yesterday. Both the Crown and defence are appealing the outcome of Pickton's case.

Defence lays out its appeal

Wants Pickton case overturned

Friends and family members of the victims of serial killer Robert Pickton gathered outside a British Columbia courthouse yesterday for an aboriginal purification ceremony.

Inside the court, a defence lawyer laid out his case for the B.C. Appeal Court to overturn Pickton's convictions on six counts of second-degree murder.

Gil McKinnon told the appeal court panel that there was a lot of confusion among jury members over the question of whether Pickton acted alone in some of the murders. McKinnon said that confusion only got worse after the jury asked a question of the trial judge six days into deliberations.

"At least one or more jurors seemed to be having difficulty on whether Robert Pickton was the sole shooter of the three women," McKinnon told the appeal panel, referring to the murders of Mona Wilson, Sereena Abotsway and Andrea Joesbury.

The women's severed heads were found on the Pickton farm in Port Coquitlam. Each woman had been shot in the head.

McKinnon outlined five grounds of appeal, including that the trial judge made errors in his charge to the jury and then changed his instructions to the jury when it came back with the question.

Justice James Williams told the jurors at the time that he regretting misinforming them, and that they could consider both that Pickton actually shot some of the victims or was an active participant but didn't pull the trigger.

The jury did eventually come back in December 2007 with a verdict of guilty of second-degree murder on all six counts.

THE CANADIAN PRESS

News in brief

TASER INQUIRY One of Robert Dziekanski's neighbours in Poland says the man was nervous about flying and hadn't slept for two days before boarding a plane to Vancouver. Dziekanski had been travelling for more than a day and was in Vancouver's airport for nearly 10 hours before he was stunned multiple times by an RCMP Taser and died in October 2007.

COURTS A Quebecer who has tried unsuccessfully to have his name removed from the birth certificate of a child who is not his wants to argue his case in front of the Supreme Court of Canada. Courts in Quebec have already ruled twice against the Rimouski man, who found out after a seven-year common-law relationship that a child born in 2002 was not his. A DNA test in 2007 concluded he could not be the father.

HOLIDAYS Tourism spending in Canada increased 1.9 per cent in 2008, as outlays by Canadians at home continued to rise while those by international visitors decreased again.

THE CANADIAN PRESS

Survivors ready to sue: Lawyer

SEAL HUNT A lawyer says victims of a coast guard towing operation that led to the drowning of four sealers off Cape Breton last spring are preparing to sue the federal government.

Attorney Denis Huet says the survivors and the victims' families will file a lawsuit over alleged errors made by the coast guard when it towed the sealing boat L'Acadien II through ice-filled waters.

Huet says the lawsuit will be presented in Federal Court within the next 60 days.

Iles-de-la-Madeleine sealers Marc-Andre Deraspe, Bruno Bourque, Gilles Leblanc and Carl Aucoin drowned last March when their vessel capsized while being pulled by a coast guard icebreaker.

Two crew members of the L'Acadien II, including Bourque's son Bruno-Pierre, survived.

Huet says he represents the survivors, the Bourque family and the company that owns the sealing boat.

A Transportation Safety Board of Canada report released in November recommended the development of safe towing practices for vessels operating in ice-filled waters. It also recommended the Transport Department bring in measures to ensure that all vessels be structurally suited for those conditions.

THE CANADIAN PRESS

2010 Games seeks green assistance

OLYMPICS Vancouver Olympic organizers say they've come up with a plan to neutralize carbon emissions from the 2010 Games.

Their goal is to offset the emissions created by the Games plus travel by participants and spectators. To do so, organizers are looking at signing sponsorship agreements with companies that would invest in green programs.

THE CANADIAN PRESS

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Big mistake: Pirates attack German naval ship
Seven pirates opened fire on a German naval supply ship in the Gulf of Aden but were chased down and captured by an international anti-piracy task force. THE ASSOCIATED PRESS

World

CARLOS OSORIO/THE ASSOCIATED PRESS

General Motors workers watch U.S. President Barack Obama's address in Detroit yesterday.

Viability questioned

Obama puts GM, Chrysler on a tight leash

U.S. President Barack Obama refused further long-term bailouts for General Motors and Chrysler, saying more concessions were needed from unions.

Obama also raised the possibility yesterday of controlled bankruptcy for the auto giants. At the same time, eager to reassure consumers, Obama announced the U.S. government would immediately begin backing the warranties that new car buyers receive.

In an extraordinary move, the administration forced the departure of Rick Wagoner as CEO of General Motors over the weekend, and implicit in Obama's remarks was that the government holds the ability to pull the plug on that company or Chrysler.

However, the president said his administration will offer GM "adequate working capital" over the next 60 days to produce a reorganization plan acceptable to the administration.

He said Chrysler's situation is more perilous, and the government will give the company 30 days to overcome hurdles to a merger with Fiat SpA, the Italian automaker. If they are successful "we will consider lending up to $6 billion to help their plan succeed," Obama said.

THE ASSOCIATED PRESS

Single shot stopped suspect

MOTIVE The gunman suspected of slaying eight people at a North Carolina nursing home where his estranged wife worked was stopped by a single shot to the chest fired by a decorated police officer responding to a 9-1-1 call.

Robert Stewart

Carthage police are still working to uncover the motives of 45-year-old Robert Stewart.

The shooting rampage ended when 25-year-old police officer Justin Garner shot and wounded Stewart in a hallway.

Stewart is not scheduled to appear in court until next week on eight counts of first-degree murder and a charge of felony assault of a law enforcement officer. THE ASSOCIATED PRESS

Israeli army ends probe into Gaza civilian deaths

UPROAR Citing insufficient evidence and hearsay, the Israeli military yesterday closed an investigation into two cases of alleged killings of Gaza civilians that had caused an uproar in Israel and around the world.

Israeli soldiers had described the alleged incidents in a closed-door meeting at a military prep school, and their accounts were published by Israeli media this month. One case involved the alleged killing of an elderly woman by a rooftop sniper, and the second described a sniper fatally shooting a mother and two children who had entered a no-go zone.

The chief army prosecutor, Brig.-Gen. Avichai Mendelblit, said the soldier who described the killing of the woman and two children clarified that he did not witness it.

He said other investigations into army conduct would continue.

THE ASSOCIATED PRESS

News in brief

KHMER ROUGE The man accused of overseeing the torture and execution of enemies of Cambodia's former Khmer Rouge rulers faced scores of his victims yesterday, as the first trial for one of the communist group's leaders opened at a genocide tribunal. Victims of the 1975-79 regime, some missing limbs, watched the trial of Kaing Guek Eav, who ran the main prison. The 66-year-old defendant, widely known as Duch, showed no emotion as court officials read the litany of horrors that took several hours and was broadcast live countrywide.

THE ASSOCIATED PRESS

Hit-and-run victim caught on car
A driver hit two University of Southern California freshmen, killing one and driving off with the other on the hood. THE ASSOCIATED PRESS

Militants target cops

19 die in siege at Pakistani police academy

Gunmen, some in police uniforms, attacked a police academy yesterday and held it for hours, seizing hostages, throwing grenades and killing at least 11 people before being overpowered by Pakistani commandos.

Six militants were arrested and eight died in the eight-hour battle to retake the compound on the outskirts of Lahore, in eastern Pakistan, said Rao Iftikhar, a top government official.

As the siege ended, black-clad Pakistani commandos fired their guns in the air in celebration at the top of the building.

Officials said more than 90 officers were wounded.

The attack on the Manawan Police Training School began as dozens of the officers carried out morning drills. About 700 trainees were inside at the time.

TV footage showed several frightened police officers jumping over the wall of the academy to flee.

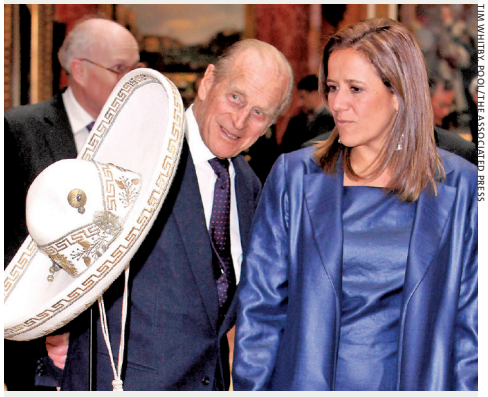
Pakistani forces surrounded the compound, exchanging fire in televised scenes reminiscent of the militant siege in the Indian city of Mumbai in November and the attack on Sri Lanka's cricketers earlier this month in Lahore.

THE ASSOCIATED PRESS

Death toll

- Eight militants dead, two blew themselves up.
- Eight police killed.
- Three civilians among those killed.

Royal guide **Mexican detour**



TIM WILTBY, POOL/THE ASSOCIATED PRESS

Margarita Zavala, wife of Mexican President Felipe Calderon, accompanied by Prince Philip, visits an exhibition of Mexican items yesterday at Buckingham Palace in London. Calderon and his wife are on a four-day state visit to the United Kingdom.

Six killed in home murder-suicide

SHOT Six people were shot to death, at least three of them children, and another person was critically wounded in an apparent murder-suicide at an upscale home in Santa Clara, Calif., police said yesterday.

The suspect appeared to be among the dead.

Officers found five bodies with gunshot wounds when they arrived at the home: A 10-year-old boy and a four-year-old girl, a man in his 40s, another man in his 30s and a woman in her early 30s. A toddler later died in hospital. THE ASSOCIATED PRESS

Tension mounts ahead of North Korea's rocket launch

TECHNOLOGY Japanese, South Korean and U.S. missile-destroying ships set sail to monitor North Korea's imminent rocket launch as Pyongyang stoked tensions yesterday by detaining a South Korean worker for allegedly denouncing the North's political system.

North Korea says it will send a communications satellite into orbit between April 4 and 8.

The United States, South Korea and Japan suspect North Korea is using the launch to test its long-range missile technology, warning it would face UN sanctions under a Security Council resolution banning the country from any ballistic activity.

North Korea has threatened to quit international disarmament talks on its nuclear programs if punished with sanctions.

THE ASSOCIATED PRESS

Walesa threatens to leave Poland

BIOGRAPHY Poland's former president Lech Walesa is threatening to emigrate to protest a new biography.

The furor is over the book Lech Walesa: The Idea and History. Author Pawel Zyzak cites anonymous sources in alleging that Walesa was a difficult youth who fathered a son out of wedlock and collaborated with the communist-era secret police.

Zyzak is a graduate of the respected Jagiellonian University in Krakow and works for the state National Remembrance Institute.

THE ASSOCIATED PRESS

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Comment & Views

Comment

Tories need lifeline, too

NationalReport

At the same time as the news arrived yesterday saying the Canadian and Ontario governments would give auto companies up to $4 billion in loans, a large-sample public opinion poll was released by Leger Marketing.

It showed that 69 per cent of Canadians oppose big-time assistance for the auto sector. In Ontario, where the economy is so reliant on that sector, 60 per cent oppose such aid, while only 17 per cent approve.

The business of governance is tough — and getting tougher. What was Prime Minister Stephen Harper to do? Let the companies go under? There are plenty of preconditions that go with the auto lifeline — conditions that haven't yet been met. The Conservatives said they were in accord with the tough measures being taken by U.S. President Barack Obama, who fired the head of General Motors and who will make assistance dependent upon deep restructuring. That perception might do some good for the Tories, who are starting to look like they need a lifeline as well.

The same Leger poll came with depressing news for the party. It showed that Liberal Leader Michael Ignatieff is favoured over Harper as the best leader to manage the economy. He gets the nod from 41 per cent of Canadians, compared to 32 per cent for the prime minister. This even though Harper has an economic background while Ignatieff does not. This even though the Conservatives brought in a big stimulus budget supported by the Liberals.

There's a typical political trend in evidence here. When the economy goes south, the party in power tends to get the blame, no matter what it does.

The pollster, Jean-Marc Leger, said there is now a strong tide favouring the Liberals, which will be hard for the Conservatives to overcome. This will renew speculation that Harper will not be sticking around long enough to fight the next election. He's had three electoral kicks at the can. If he couldn't win a majority against the weakling Stéphane Dion before the recession set in, how could he possibly do so in the middle of an economic plunge against a more formidable Liberal chief?

The problem for the Conservatives is they do not have an outstanding leadership candidate in waiting. Jim Prentice, Peter MacKay and Jason Kenney are names who are mentioned, but none has a big wave of support within the party. Quebec Premier Jean Charest, a leader of the Conservatives in the 1990s, has won three straight elections in Quebec and may soon be looking for a new challenge. But he is a stranger to Ottawa now. It is unlikely, even if he was interested, that he would get the call.

That leaves Stephen Harper.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

MICHAEL DE ADDER

Views

Police have no right to delete your videos

David Eby
Law professor

Adam Smolcic alleges that on March 20, 2009, he used his cellphone to record two Vancouver police officers while they shot and killed Michael Hubbard, a homeless man.

The officers involved in the shooting were investigating a vehicle break-in that had taken place five blocks away in downtown Vancouver. Hubbard had the misfortune of owning a black bag, and a black bag had been taken from the car. In the worst imaginable case of mistaken identity, Hubbard was shot and killed, and Smolcic says he captured the whole incident on his cellphone.

Shortly after the shooting took place, while he was still recording, Smolcic alleges that a third officer responding to the scene took his phone from him, deleted the video and told him to "get lost."

Beyond the obvious concerns about police allegedly destroying evidence, telling an eyewitness to "get lost," and shooting a homeless man, some readers may wonder what rights Smolcic had with his video, and in what situations the police could seize his phone.

Citizens in Canada have a nearly absolute right to refuse to turn over their recordings to police, but there are three clear exceptions to this rule.

First, if Smolcic himself had committed a crime, when the police were searching him incidental to his arrest, they could take his phone. This is called the "search incidental to arrest" exception.

"Citizens in Canada have a nearly absolute right to refuse to turn over their recordings."

The second way the police could have taken Smolcic's phone was if they had obtained a warrant from a judge to seize the phone, most commonly called a search warrant.

Finally, the police could take Smolcic's phone if Smolcic gave them permission, which is exactly what happened on March 20. Smolcic says the last thing he ever expected was that the police officer would erase his video, and he handed over the phone to be helpful to their investigation.

As for the officer who allegedly erased the video, if Smolcic's allegations are true, he could face criminal charges in the form of mischief, theft, or obstruction of a peace officer.

The B.C. Civil Liberties Association is working with Smolcic to recover the deleted video with the help of data recovery experts in Vancouver and the United States. In the meantime, citizen journalists should know their rights to avoid ending up in this kind of situation.

David Eby is the acting executive director of the B.C. Civil Liberties Association and an adjunct professor of law at the University of British Columbia.

Letters

Negative cartoon undermines good the Pope is trying to do

Re: Vision for Africa cartoon (March 18)

I found the cartoon of Pope Benedict XVI in the March 18 edition disrespectful and offensive.

Canadian society prides itself on being tolerant and accepting, but there are still those who are too willing to believe the worst of the Pope.

And their deliberate misunderstanding and negative comments seriously undermine the real good the Pope is trying to do.

MARIA OLAGUERA, SURREY, B.C.

Singing/lip-synching is no trivial matter

Re: Britney brings the Circus to town (March 19)

I could not believe what I was reading when I read Keith Carman's review of the Britney Spears concert.

To render as pointless whether or not Spears was singing or lip-synching is simply appalling.

I can assure you that the majority of people attending any concert, including myself, would be extremely upset if they learned the performer lip-synched their way through the entire show.

I have no idea whether there was actually any lip-synching involved in Britney's concert, but for Carman to trivialize the singing vs. lip-synching debate to being pointless is an affront to the entirety of the concert-going public.

MARK EDSON, NORTH YORK

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Metro Online Poll Results

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Putin hands Russian automaker $1-billion bailout
Russian Prime Minister Vladimir Putin announced nearly $1 billion US in government loans yesterday for AvtoVAZ, Russia's largest automaker, to keep the manufacturing giant and employer of tens of thousands in business. THE ASSOCIATED PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Onex to sell stake in Cineplex

HOLDINGS Onex Corp. is selling a big chunk of its holdings in movie theatre operator Cineplex Galaxy Income Fund for about $185 million. Cineplex is the largest motion picture exhibitor in Canada, with ownership interests in 130 theatres with 1,331 screens from British Columbia to Quebec.
THE CANADIAN PRESS

In brief

AEROSPACE Canada's only aircraft manufacturer Bombardier Inc. has won its first order for the larger version of its new CSeries aircraft as part of a deal worth up to $1.44 billion US for 20 planes from an Irish-based company. Lease Corporation International Aviation leases aircraft to major airlines including Singapore Airlines, British Airways, Air France and Virgin Atlantic. THE CANADIAN PRESS

Market surge ends

Worries over automakers halt stocks rally

Stock markets tumbled yesterday as the rally that has sent equities surging for most of this month ground to a halt amid a jolt of worry over General Motors and Chrysler.

Investors feared the automakers may be forced into bankruptcy after the U.S. government said the plans they've submitted are not acceptable.

Financial stocks slumped in Toronto, joined by energy and base-metal shares, as the price of crude oil fell almost $4 US a barrel.

The S&P/TSX composite index dropped as much as 368 points but the retreat moderated in the final minutes and the index closed with a loss of 224.84 points or 2.6 per cent at 8,596.22.

This followed a gain of more than 16 per cent over the course of the rally that took off March 10.

New York's Dow Jones industrial average fell 254.16 points to 7,522.02, after the index had surged 20 per cent in the March runup.

General Motors shares plunged 25 per cent to $2.70 US in New York, and Canadian auto parts makers were down sharply in Toronto. Magna International fell $1.36 to $33.52.
THE CANADIAN PRESS

MARK LENNIHAN/THE ASSOCIATED PRESS
Jennifer Klesaris, with Barclays Capital, works at the New York Stock Exchange yesterday.

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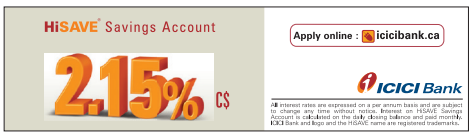
Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA



A savings gold mine

Here we go: Tax crunch time

MoneyMatters

Q Last May 2008, I registered a small business. I sold tens of thousands of inventory from September to December. Can I choose a 2009 year-end or must I file by April 30 this year? Does the sale of stocks change my filing date?
— Jamie

A Stock gains/losses will not change your tax-filing deadline. Individuals with investments outside registered plans should request a stock transactions summary from their investment broker. Stock sales are the responsibility of the taxpayer to report and may not be indicated on other tax receipts.

As the April 30 deadline draws closer, the majority of the more than 16 million Canadians are frantically sorting tax receipts and holding their heads. It is important for individuals and businesses to have a good record keeping system. It can be as simple as a file folder for receipts.

For most Canadians that are employees, the tax-filing deadline is April 30. Taxes owing must be paid on or before this date or be subject to penalties. A non-incorporated business (per back up documents) filing deadline is June 15 and cannot choose a non-calendar year-end, unlike an incorporated entity.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-489-7800, ext. 227.

SmartCookies

Every year over 3.6 billion coupons are distributed but only three per cent are cashed in.

That's a lot of "free" money not being taken advantage of and if there's one thing a Smart Cookie loves, it's free money.

Follow these simple steps below to stretch your dollar at the grocery store.

Before hitting the stores:

- Two-thirds of the purchases we make are impulse buys. Therefore, before you leave your home, create a list of every item you will need to make your meals in the coming days. Then, most importantly, stick to that list!
- Coupon "clipping" has gone high-tech. Start with the sites for the stores you frequent; most large chains now have websites that include coupons and details on other weekly deals.
- Manufacturer's websites will sometimes display coupons and they tend to be more generous; so if you know you always buy a certain brand of canned soup, log on and see if the company is offering any discounts.
- Join mailing lists of the companies and stores you frequent. Many sites allow you to print off the coupons to take to the store right away, but others will send you the coupons you choose through the mail. If you prefer clipping coupons, then Sunday is the best day to find them.
- Before heading to the store, also take a quick look in your cupboards and fridge for any coupons on product packaging.

Maximizing Savings:

- Use the sales flyers and coupons together. Many people mistakenly think you can't use a coupon on sale items, but you usually can. One survey showed that combining these two savings methods meant an average savings of almost $700 a year on groceries alone.

At the Store:

- When you first get to your grocery store, look near the check-out for any coupon books or flyers.
- Consider signing up for the store's loyalty card so you can receive their automatic discounts. They will also alert you to extra deals. Also, if there is a store you regularly shop at, then get to know the salespeople or grocers as these are the people who are in the know as to when sales occur.

Rebates:

- Rebates can be a great way to save on everything from drugstore items to electronics. Offering rebates in the store or online is popular because it encourages customers to pick that product for the deal. But between 30-50 per cent of people don't bother to follow through and get the rebate — which is a bonus for the retailers and manufacturers instead of the customer.

Questions or comments for the Smart Cookies? Please email us at smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small discusses how media reports can be negative for some investors. Visit metronews.ca/investing

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Punta Cana	Travel Apr 3 - Apr 10/wg	$145 + taxes & fees $309
Halifax	Travel Jun 16 - Jun 23/wg	$159 + taxes & fees $186
New York City	Travel Apr 20 - Apr 27/pd	$198 + taxes & fees $121
Frankfurt	Travel May 23 - Jun 4/ts	$199 + taxes & fees $318
London	Travel Apr 1 - Apr 9/ts	$199 + taxes & fees $382
Malaga	Travel Apr 21 - May 11/ts	$299 + taxes & fees $295
Vancouver	Travel Apr 22 - Apr 28/ws	$318 + taxes & fees $111
Sao Paulo	Travel May 4 - May 18/ac	$568 + taxes & fees $366
Johannesburg	Travel May 12 - May 26/af	$739 + taxes & fees $460
Sydney	Travel May 4 - May 19/ac	$1199 + taxes & fees $376

All-inclusive Holidays

PUNTA CANA 4-STAR $505
Natura Park Beach Resort & Spa + taxes & fees $309
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Apr 7/swg/wg.
ADD Scubadoo underwater adventure from $94.

Puerto Plata 4-Star $418
Viva Wyndham Tangerine + taxes & fees $315
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Apr 2/sgn/5g.

Varadero 4-Star $585
Tuxpan Hotel + taxes & fees $210
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Apr 3/swg/5g.

Mayan Riviera 4-Star $597
Riu Lupita + taxes & fees $267
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Apr 9/sqv/5g.

Europe Fly, Rail & Stay

Paris & Rome Fly, Rail & Stay $1169
Eurail Select Pass + taxes & fees $302
INCLUDES airfare to Paris and return from Rome, the first 2 nights 3.5-star central accom in Paris at All Seasons Paris Bercy, the last 2 nights 3-star central accom in Rome at Hotel Madison and 5-day Eurail 3-Country Select Pass. Travel May 9 - Jun 1/vat/ts.

Holidays

LAS VEGAS 4 NIGHTS $235
Circus Circus + taxes & fees $230
INCLUDES roundtrip airfare and 4 nights 3-star accom on the Las Vegas Strip. Departs Apr 12/swg/wg.

Florida Fly & Drive $239
+ taxes & fees $207
INCLUDES roundtrip airfare to Fort Lauderdale and a 7-day compact car rental with unlimited kms. Travel Apr 2 - 9/ggv/wg.

Orlando Family Holiday $329*
Ramada Plaza Hotel Gateway + taxes & fees $210
INCLUDES roundtrip airfare and 8 nights 3-star accom near *Walt Disney World* Resort. Departs Apr 15/ggv/wg.

London City Break $346
Royal National + taxes & fees $382
INCLUDES roundtrip airfare and the first 2 nights 3-star central accom with daily breakfast. Travel Apr 2 - 9/vat/ts.

P.E.I. Getaway $519
The Islander + taxes & fees $134
INCLUDES roundtrip airfare and 3 nights 4-star accom located in downtown Charlottetown. Depart Jun 22/wsv/ws. ADD a round of golf from $77.

New York Easter Weekend $599
Jolly Hotel Madison Towers + taxes & fees $119
INCLUDES roundtrip airfare and 3 nights 3-star accom located in the heart of Manhattan. Departs Apr 10/ggv/ac

Adventure Tours

Costa Rica Volcanoes & Surf $799
+ local payment USD200
INCLUDES all accom, transportation, some meals, tour leader, local guides & surf instructors on this 9-day small group tour. HIGHLIGHTS San José, Arenal Volcano, Monteverde Cloud Forest and Zopilote Surf Camp. Monthly departures starting April 25, 2009.

Turkey Multi-sport $959
+ local payment EUR300
INCLUDES all accom, transportation, some meals, tour leader & local guides on this 10-day small group tour from Istanbul to Fethiye. HIGHLIGHTS Blue Mosque, Haghia Sophia, hiking the Lycian Way and typical Turkish villages, boat trip in Dalyan Delta, Saklikent canyon hiking, Kabak Village stay, cycling, sea kayaking and more. Monthly departures starting April 10, 2009.

Cruise Holiday

Alaska 7 Nights $729
Celebrity Mercury + taxes & fees $104
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TICO

Moats accepts officer's apology

NFL player Ryan Moats said yesterday that he accepts the apology offered by a Dallas police officer who stopped him with a drawn gun in a hospital parking lot while his mother-in-law was dying inside. Moats had rolled through a red light on the way to the hospital, where the woman died while Moats was ticketed and lectured. METRO NEWS SERVICES

Sports

Nestor tops in tennis again

Tennis Canada announced its 2008 Excellence Award winners yesterday. Veteran doubles player Daniel Nestor was named top player for the sixth time and top doubles player for the seventh straight year. Aleksandra Wozniak was named top top female player, top singles player and most improved. Frank Dancevic was named Canada's top male singles player.

METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Leafs in unchartered waters

The Toronto Maple Leafs are on the cusp of history.

One more loss — or wins tonight by Montreal and Florida — and the Maple Leafs will be officially eliminated from the playoffs for the fourth season in a row. That's the longest the franchise will have ever gone without a trip to the Stanley Cup playoffs since its inception as the Toronto Arenas in 1917.

The last time the Leafs came close to being this inept, the world was on the brink of economic disaster. Not that there's any link between the Great Depression and the Leafs' playoff drought — unless you're a Leafs fan — but the last time the team missed the playoffs for three years in a row, it was 1927-29.

"I came with my eyes wide open. I knew it would be very difficult, if not close to impossible, to make the playoffs." Ron Wilson

But what sets the 2008-09 version apart from the three teams that preceded it is a sense that this group overachieved. The last three, captained by Mats Sundin, were all expected to make the playoffs and failed.

This one — ripped of most of its high-end talent prior to the season and further diluted at the trade deadline — was expected to vie for last overall, but hung around the playoff race long enough to make a name for itself.

"The cornerstone of any franchise is the players' work ethic," said coach Ron Wilson. "If you can lay that down and make that a part of your culture, that goes a long way."

Wilson will miss the playoffs for the first time since 2003, when he came in partway through the season as coach of the San Jose Sharks.

"I came with my eyes wide open," said Wilson. "I knew it would be very difficult, if not close to impossible, to make the playoffs."

Wilson said he's pleased with the progress some of his young players made, naming Mikhail Grabovski, John Mitchell, Nikolai Kulemin, Luke Schenn and even throwing in Jiri Tlusty, who's had a monster second half with the AHL Marlies.

"He's become a dominant force in the American league," said Wilson. "We needed him to do that in order to make this team and have a permanent place here."

TORSTAR NEWS SERVICE

Triano receives vote of confidence from Colangelo

Bryan Colangelo always thought Jay Triano was a talented NBA coach — he wouldn't have given him the interim job with the Raptors if he didn't — and the team's recent run of success hasn't done anything to change that opinion either way.

Four straight wins won't totally alleviate the bitter feelings of a disappointing season, but they have showed flashes of what might have been.

And what might still be if Colangelo decides to keep Triano on as the head coach after this season.

Reiterating that he wouldn't speak specifically about Triano's longer-term prospects until the end of the regular season, the team's president and general manager has not wavered from his support.

"The message is the right message; the method of communicating is the right method," Colangelo said yesterday. "I've been high on him the entire time."

It will be sooner, rather than later after the end of the regular season that Colangelo acts on the coaching situation. While there will be a slow time while the first couple of rounds of the playoffs unfold, Colangelo wants to have a full staff in place well before the run-up to the June 28 draft.

Triano is 20-36 as a head coach since taking over from the fired Sam Mitchell on Dec. 3, but Colangelo continues to point to other factors than simply the won-loss record.

Injuries to key players, a significant trade and the upheaval that goes with a losing season have all contributed.

"Jay's done a solid job, he was given a bad set of circumstances," the general manager said.

TORSTAR NEWS SERVICE

Romero secures spot in rotation

BLUE JAYS Left-hander Rick Romero, the sixth overall pick in the 2005 draft, will fill one of the two vacancies in the Toronto Blue Jays starting rotation, manager Cito Gaston said yesterday.

Romero

Romero, 24, joins ace Roy Halladay, Jesse Litsch and David Purcey on the staff.

"He's pitched himself on the team," Gaston told reporters. Right-hander Scott Richmond of North Vancouver, B.C., and lefty Brad Mills are vying for the remaining opening.

THE CANADIAN PRESS

Sports in brief

NBA Dwight Howard became the youngest player in NBA history with 5,000 rebounds last night when he grabbed his 11th of the game against the Heat, surpassing the previous record by Wilt Chamberlain. The Magic beat Miami 101-95.

MLB Brewers closer Trevor Hoffman was put on the 15-day disabled list yesterday, ruling the all-time saves leader out for the start of the season.

THE ASSOCIATED PRESS

SCOREBOARD

NHL

YESTERDAY'S RESULTS

N.Y. Rangers 3 New Jersey 0
San Jose at Calgary
Dallas at Phoenix

NBA

YESTERDAY'S RESULTS

Orlando 101 Miami 95
Milwaukee 107 New Jersey 78
New York at Utah
Memphis at Golden State

NHL Reunited

CHRIS MCGRATH/GETTY IMAGES

Sean Avery of the New York Rangers stands in front of New Jersey's Martin Brodeur last night. Avery's screening of Brodeur during a game in last year's playoffs led to a rule change and an entertaining verbal battle. The Rangers beat the Devils 3-0 last night.

Players to CSA: Spend money to win

SOCCER The last time Canada was looking for a new men's soccer coach, Dwayne De Rosario pushed for the hiring of Brazilian Rene Simoes.

But in the end the board of the Canadian Soccer Association didn't hire the man who led Jamaica to an unlikely appearance in the 1998 World Cup, apparently because he wanted to bring in his own support staff and that was too expensive.

So Canadian Dale Mitchell got the job in 2007. He led the team to a 0-4-2 record in the semifinals of CONCACAF World Cup qualifying and was fired on Friday. Now the debate is renewed over the passport of his replacement.

If the CSA hires a big-name coach with international experience, "I think people would take us a little more serious," De Rosario, a national team member and midfielder with Toronto FC, said yesterday.

Such a coach would demand more and bigger friendly matches in Canada and a higher public profile for the team and the sport, said De Rosario.

"Of course, bringing in a person like that demands a lot," De Rosario said. "And I think that puts a threat into a lot of people's pockets … and that's where we have a problem."

TFC goalkeeper Greg Sutton, who has played 11 games for Canada, said no matter who is named the new coach he faces "a tough time" because of the CSA's finances.

"It's not getting the necessary funds that they need to be a successful program," said Sutton.

TORSTAR NEWS SERVICE

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Toronto grads offered thousands ... with a catch

Recent Toronto university and college graduates will be offered about $20,000 each when a team of Saskatchewan politicians visits the city this week. However, as part of the deal, they will have to move to Saskatchewan in aggressive effort to fill thousands of jobs currently available. METRO NEWS SERVICES

Workology

Queen's concert hall

Queen's University, in Kingston, Ont., has revealed the design for its new performing arts centre, which will include a 550-seat, purpose-built concert hall, a small studio theatre, rehearsal rooms, an art gallery, and office space. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Fighting back for four decades

Dale Goldhawk says chasing the bad guys and helping out is all he knows how to do

RAFAEL BRUSILOW
for Metro Canada

Fraudsters and cheaters beware — Dale Goldhawk has your number.

A passionate defender of consumers' rights for more than four decades, Goldhawk has led a lifelong crusade to put right the wrongs done to people by bad circumstances, greedy tricksters and sometimes even the law itself.

As host of the now-legendary consumer advocacy show Goldhawk Fights Back, the spry and sharp-witted 66-year-old broadcaster is just as passionate about consumer rights as he was the day he stepped out of journalism school in 1967.

"Chasing the bad guys and helping the people and issues who fall through the cracks is what I do. I don't know how to do anything else," Goldhawk said.

In his career Goldhawk has championed issues as big as stopping a dump site from being built on top of a town's water supply to helping a listener procure a long-awaited prosthetic leg.

He says one of his proudest victories was helping prove that the deaths of three RCMP officers who all contracted the same rare brain cancer were the result of hazards in the federal building where all three had worked. While the deaths were originally ruled accidental, Goldhawk's investigative work showed that the contaminated air in the aging Toronto building was to blame and the government agreed, granting the families of the deceased Mounties full compensation.

Goldhawk says he never intended to be a trailblazer when he started out, he just fell into advocacy work because it was something he felt was right.

In the early days, the culprits Goldhawk called up were shocked that he and his team would actually bother to hound them on someone else's behalf.

"Back when we started there was no such thing as an ombudsperson — we had to explain what we were doing. We annoyed and pursued so many companies that people would ask why we cared," Goldhawk said.

Along with the radio show Goldhawk Fights Back, which airs Monday to Friday from 11 a.m. to 1 p.m. on The New AM 740, Goldhawk also hosts Goldhawk Live on Rogers Television every Sunday at 8 p.m., where he tackles current affairs with interviews and a call-in format.

As a proponent of a no-nonsense approach to journalism, Goldhawk says he sometimes feels modern journalists are "too wimpy" and focused too much on neutrality at the cost of making a real impact.

"I think we could use a lot more journalists who are not so accepting of the status quo. You've got to get off your ass and into the streets — you've got to have an edge. Real news is what people don't want you to know," Goldhawk said.

RAFAEL BRUSILOW/FOR METRO CANADA

Dale Goldhawk, host of Goldhawk Fights Back, says he never intended to be a trailblazer when he started out, he just fell into advocacy work because it was something he felt was right.

"Back when we started there was no such thing as an ombudsperson ... We annoyed and pursued so many companies that people would ask why we cared."

Dale Goldhawk

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N.B. provides loans for jobs
The New Brunswick government says it will provide forgivable loans to Primus Telecommunications Canada for each of the 113 new jobs to be created at an expanded customer contact centre in Edmundston, N.B. THE CANADIAN PRESS

Part-time gigs take off

Simone Sneed has been a brand ambassador for a telephone company, a backup singer in a local theatre, a freelance grant writer and a psychic in a scavenger hunt — all for a day.

Sneed found those jobs and many others in Craigslist's Gigs section, where she finds work for a few hours or a day to earn extra cash. Sneed almost posed for an artist who wanted to paint her as a mythical creature that was half woman, half lion, but had to draw the line somewhere.

"I mentioned it to my mom and dad," she said. "My dad is an artist and he said it sounded a little sketchy."

At a time when many people are having trouble finding one job, some intrepid job seekers like Sneed are creating a patchwork quilt of many, all short-term gigs found through Craigslist and other sites where companies and individuals seek out part-time help.

When she didn't get tenure, English professor Diana Bloom used the website's services section to advertise herself as a tutor, editor and translator-for-hire. She's been able to make a living through the work the website directs her way since 2002, while staying home with her young son.

All that without ever having to pound the pavement.

"I'm not very outgoing and getting my foot in the door to companies would have been hard," said Bloom, of New York.

But for all the ease the site offers, most gigs and part-time work offer no health benefits, no sick days, no paid vacation.

"There is a clear correlation between economic distress and social distress," said Paul Osterman, professor of Human Resources and Management at the Sloan School of Management at the Massachusetts Institute of Technology. "Underemployment is not good news for families."

TIM ROSKE/THE ASSOCIATED PRESS
Simone Nicole Sneed checks online listings for a new apartment from her home in Latham, N.Y., recently. Sneed has been employed by in many odd, part-time jobs she's found online as of late.

"You don't have to leave your apartment, and in the time it takes to go down to the job centre, on Craigslist you could have applied for 10 different jobs, found a new roommate and bought a ukulele."
Musician Will Knox

And while some of the short-term jobs are on the books — like Sneed's handing out seed packets and key chains for Sprint — others are not.

Job postings are down overall on Craigslist, the most-used job board in the United States, said Jim Buckmaster, CEO of Craigslist.org. But postings for short-term gigs are up.

Newspapers also run ads for temporary work, the kind of gigs often found on community bulletin boards. And temp agencies are reporting a flood of applicants for short-term jobs.

For those looking for part-time work, short-term gigs like those on Craigslist have their benefits. Musician Will Knox managed to parlay one into long-term employment by meeting a country singer who he ended up co-writing songs and embarking on a tour with.

"You don't have to leave your apartment, and in the time it takes to go down to the job centre, on Craigslist you could have applied for 10 different jobs, found a new roommate and bought a ukulele," Knox said.

For Sneed, the gigs are mostly a tool to pay off bills and student loans and supplement her full-time job. For a scavenger hunt in Albany, N.Y., she dressed up to sit in a coffee shop and wait for team members.

"I had to pretend to be a psychic, read their fortune and then give them a piece of paper with the next clue on it," she said. "It was super campy and fit my temperament. I do enjoy indulging in a bit of melodrama every now and then."

THE ASSOCIATED PRESS

Boss' assistant an important figure in the workplace

EMPLOYMENT Hiring managers aren't the only ones applicants need to impress when they arrive for a job interview. Candidates also should be on their toes when greeting the boss' right-hand person, a new survey shows. Six out of 10 (61 per cent) executives polled said they consider their assistant's opinion important when evaluating potential new hires.

The OfficeTeam survey includes responses from senior executives from 1,000 companies.

Executives were asked, "How important is your assistant's opinion about the job candidates you interview for positions at all levels?"

"As soon as they enter the parking lot, job seekers should be on their best behavior. Everyone they encounter, from the person in the elevator to the receptionist, is someone who could potentially weigh in on the hiring decision," said Robert Hosking, executive director of OfficeTeam.

"Just as treating the waiter rudely at a restaurant creates a bad impression, being discourteous or abrupt with a company's receptionist or office staff can reveal character — or lack of it — in job applicants."

"Being discourteous or abrupt with a company's receptionist or office staff can reveal character — or lack of it."
Career expert Robert Hosking

Hosking added, "Administrative professionals know their boss' management style and understand the work environment, which makes them adept at identifying people who are a good fit and is why executives value their opinions."

OfficeTeam offers the following tips for making a positive impression before and after the job interview:

• Mind your phone etiquette

Be friendly and professional with the "gatekeeper" when phoning the hiring manager. He or she controls access to this person and could someday be your colleague. Also, learn the assistant's name and address him or her properly on calls or in person during the interview process. This increases the likelihood that you'll be put through to the hiring manager.

• Make a memorable introdution

When checking in with the receptionist or assistant prior to an interview, start a light conversation if it appears he or she isn't too busy. Ask for materials or brochures about the company, or inquire about news you uncovered while researching the organization.

The discussion could leave a positive lasting impression with the assistant, and the information you learn might prove helpful when meeting with the hiring manager.

• Be engaged

After checking in, don't act as if you're the only person in the room. Avoid snacking, chewing gum, talking on your cell phone or listening to your headphones. METRO NEWS SERVICES

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March Madness infiltrates the office

Buzzer beaters, Cinderellas and upsets are on their way.

With March Madness kicking into high gear, office pools will likely be a common sight in the office. Nearly one-in-five workers (18 per cent) said they have participated in March Madness pools at work, according to CareerBuilder's annual survey conducted among more than 8,000 workers.

Men vs. Women

Men are more likely to get in on March Madness in the office than women. Twenty-four per cent of male workers said they have participated in March Madness pools in the office, compared to 11 per cent of females.

Unusual pools

March Madness isn't the only reason workers are signing up for office pools. Workers also reported the most unusual office pools they've placed bets on:

- How far the Dow Jones would drop that week.
- Number of emails new manager would send in one day.
- Who in the office would win a burrito eating contest.
- When the gigantic snow pile in the parking lot would melt.
- Co-workers' cholesterol numbers.
- When the building would be condemned.
- How long it would take for someone to break up.
- Who would be the next Pope.

METRO NEWS SERVICES

Basketball, though popular, isn't the only pool workers participate in.

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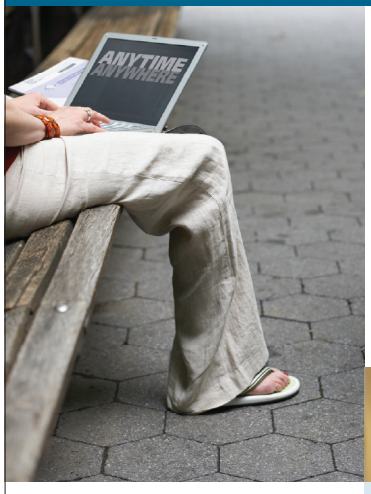

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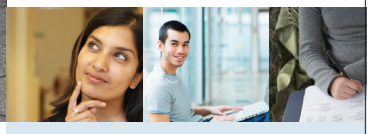

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Beware of 'Bull'

Don't confuse energy drinks and sports drinks

ISTOCK PHOTOS

CELIA MILNE
for Metro Canada

Want more energy for sports? Eat and drink smart.

That is a message from the Dietitians of Canada. This organization, along with the American Dietetic Association and the American College of Sports Medicine, has written a new position paper on the best nutrition for athletic pursuits.

There is no magic formula in a jar that'll give you peak performance. In fact, some energy drinks can be quite dangerous. "Energy drinks should not be confused with well-designed sports drinks such as Gatorade, Powerade and eLode," says Susie Langley, a certified specialist in sport dietetics and co-author of the position paper.

Energy drinks like Red Bull, Full Throttle and RockStar can deliver a "high caffeine, high sugar kick" which make them a "no-no" immediately before or during and even after an event, says Langley.

Instead, you need to eat a wide variety of foods to get enough carbohydrates, protein, fat, vitamins and minerals. If you don't eat properly, effects include losing muscle mass, stopping your period, losing bone density and increasing your risk of fatigue and injury.

It is critical to drink enough fluids before, during and after exercising or competing to replace the liquids you've lost in sweat. If you are not sure about a product, ask a dietitian.

Langley is concerned that young people are consuming too much caffeine when they consume energy drinks for a quick lift. This can lead to dangerous side effects such as anxiety, insomnia, high blood pressure, stomach upset, rapid heartbeat and withdrawal symptoms when caffeine is discontinued. For instance, two cans of Red Bull contain a toxic amount of caffeine for a child who weighs about 66 pounds (30 kg). Adults could get a toxic hit of caffeine from two RockStars and a Grande Starbuck's coffee.

Here are some tips from the Dietitians of Canada on eating and drinking for best sports nutrition:

BEFORE EXERCISING:

- About two to three hours before an endurance event, drink plenty of fluids and eat a balanced meal that includes grain products, fruits and vegetables and a low-fat protein choice such as chicken.
- If necessary, top up energy levels one to two hours before activity with a sports bar, fruit, cereal bar or yogurt.

DURING EXERCISE:

- Try to drink every 15 to 20 minutes during exercise (water or a sports drink).
- If you are doing a prolonged event, you may want to snack on granola or cereal bars.

AFTER EXERCISE:

- Start with a smoothy (for example, blend milk, fruit and ice), sport drink, chocolate milk or water.
- Then have a meal rich in carbs and protein, such as chicken with rice and vegetables, pasta with meat sauce and salad, or vegetarian chili with potato and raw vegetables.

LEFT: Energy drinks should not be confused with well-designed sports such as Gatorade, Powerade and eLode, warn experts. Drinks like Red Bull and RockStar are a "no-no" immediately before or after a sports event. ABOVE: After exercise, try to eat a meal rich in carbs and protein such as chicken and rice.

SUPPLIED PHOTO

Triathlon team "Joe's team" was created by Joe Finley (right), a cancer survivor. The team fundraises for Princess Margaret Hospital.

Try a triathlon, start your training now

CELIA MILNE
for Metro Canada

FITNESS Finally spring, and time to set fitness goals. Why not do a mini triathlon (750 m swim, 20 km bike ride and 5 k run)?

For inspiration, you can turn to Joe Finley. Finley was diagnosed with cancer in 2004 and has since had several surgeries, as well radiation and chemotherapy. Several years of treatment reduced this 5-foot, 11-inch man from 160 pounds to just 118. Just 10 days after his last round of chemo in August 2006, Finley completed his first triathlon — something he'd always wanted to do.

Finley then formed a triathlon team called "Joe's team," which raises money for Princess Margaret Hospital in Toronto. The first year, the team (230 people) entered the Gravenhurst, Ont., triathlon and raised more than $500,000 for cancer research. And, amazingly, 99 per cent of them had never done a triathlon before, proving that these events are full of non-elite athletes.

This year, the event is being held on July 11 at the CNIB camp on Lake Joseph in Muskoka. It's not too late to start training, which you can do with Joe's team, with another group, or on your own. The team is hoping to raise more than last year's $650,000.

Go to joesteam.ca for information on getting started.

Beauty bar: Roundup of new makeup, hair and skin care

RHONDA ROVAN
for Metro Canada

Shower Blast ($11, 250 mL)
Formulated with salicylic acid, Neutrogena Body Clear is an acne-treatment gel body wash that helps fight outbreaks on back, shoulders and chest. Its natural grapefruit extract and pink beads will also bring a lively burst of citrus and exfoliating action to your daily shower.

Swirl Power ($4, 300 mL)
The aim of Herbal Essences Hydralicious Self-Targeting Shampoo is to deliver extra hydration where you need it (typically the damaged ends). A clear formula and an opaque one swirl together to create a two-tone creamy pink shampoo that keeps hair smooth and shiny — all with a fruity tropical scent.

Pampering Duo (Cleanser, $34, 125 mL; toner, $34, 200 mL)
Keep dry sensitive skin soft and smooth with Lancôme's Comforting Cleanser and Comforting Rehydrating Toner. The rich-lathering rinse-off cream cleanser includes rosehip oil, which protects skin from the sometimes drying effects of cleansing with water. The toner, with honey and sweet almond seed extract, leaves skin supple.

Flawless Skin ($13, 30 mL)
Maybelline New York Dream Liquid Mousse foundation helps give skin a smooth, poreless complexion via its unique hybrid formula — the texture of a liquid with a thick, air-whipped mousse. It spreads and blends beautifully to hide imperfections.

Hand Saver ($7, 100 mL)
Remember that day you de-iced your car without gloves? This one's for you. St. Ives' Mineral Therapy Hand Crème is rich in texture and easily absorbed, and its innovative mineral formula (the ingredients include iron) "replenishes vital nutrients."

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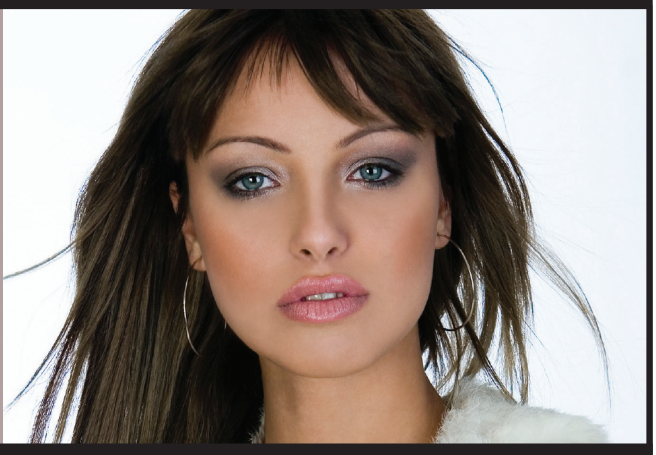

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A pill-popping kiosk

New machine dispenses prescription drugs in minutes

Just like an ATM, but instead of bills, these machines pop out pills.

Welcome to the future of pharmacy.

The self-serve PharmaTrust kiosks, in test mode at Sunnybrook Health Sciences Centre, have served hundreds of people with considerable success – almost 95 per cent of people who inserted their prescription and health card into a machine got their medication in less than five minutes, according to a survey done by the company.

"Patients are intrigued by the fact that it is easy to use. It's quick and they don't have to drive somewhere and wait for the pharmacist," said Dr. Sharon Domb, director of family medicine at Sunnybrook, where the kiosks have been set up since January.

But as the idea grows, so do questions about how the technology will affect the business of pharmacy.

"I think people will have concerns about how it will be used," said Jeff Poston, executive director of the Canadian Pharmacists Association.

The dispensing system was developed by PCA Services Inc. of Oakville. While they say the machines will, for example, help improve service in remote areas, others fear it may eliminate altogether the need for face-to-face service by pharmacists. Especially since the kiosk is equipped with phones and two-way video camera capabilities, and mimics, as much as possible, a real pharmacy setting.

VINCE TALOTTA/TORSTAR NEWS SERVICE

Patient Libby Kennedy uses the on trial PharmaTrust Med Centre, prescription dispensing machine to fill her prescription at Sunnybrook Health Sciences Centre.

Here's how it works: The machine makes a scan of the prescription, which is transmitted to the pharmacist at the main PCA site who is processing the order.

The pharmacist will approve the order, provide drug information and note possible side-effects, and ensure that it is stocked in the machine, which can hold up to 340 medications.

The drugs are identified through radio frequency identification tags on the product.

They are again verified by the remote pharmacist, and then eventually dispensed.

Of the 800 people who have used the machines so far, there have been no mistakes, or incorrectly filled prescriptions, said Peter Suma, president and co-founder of PCA Services.

"Patients are intrigued by the fact that it is easy to use. It's quick and they don't have to drive somewhere and wait for the pharmacist."
Dr. Sharon Domb, director of family medicine at Sunnybrook

However, one-third of the people who used the kiosks found the drugs they wanted weren't stocked. But the company offers free shipping of the medication the following day, Suma said.

For now, the PharmaTrust machines are only being used in test runs.

Two other facilities are soon scheduled to test the machines — the emergency room of Cambridge Memorial Hospital and the Albany Medical Clinic on Danforth Ave.

Suma says the plan is to expand the kiosks to clinics, hospitals and even grocery stores.

But the likelihood of such kiosks being available anywhere in Ontario is contingent upon legislation, which currently does not allow for remote dispensing.

Earlier this month, the Ontario College of Pharmacists recommended changes to the law, which would allow for remote dispensing, by a machine or person, as long as a pharmacist monitored the transaction.

The legislation, if passed, would open the door for PharmaTrust in September 2009, the college says.

TORSTAR NEWS SERVICE

Get into the swing of things by practising golf movements now so that you're ready for the real thing when the season starts.

Put more in your 'fore!

SPORT The start of golf season is just days away.

"This is the perfect time of year to get those golf-specific muscles into shape," says Mike Wiebe, a professional long driver who runs golf-conditioning workshops.

Increasing range of motion and stamina, so golfers are ready to go when the courses open — April 2 for public courses in Toronto — is as straightforward as practising golf movements.

Otherwise, says Wiebe, who teaches Fit4golf at Extreme Fitness, it could take three or four rounds (and about as many weeks) for the average player to get back into the swing of things.

Wiebe's routine combines calisthenics and functional strength training, as well as balance. For instance, the lunge-with-twist move strengthens core muscles and builds speed.

"A right-handed player will overdevelop the right-side back muscles," Wiebe says. "By rotating right, you work the left side, to even out the muscle fibres."

LUNGE WITH TWIST

1. With feet hip-width apart, hold a small weight or medicine ball at shoulder-height, arms straight.
2. Take a big step forward with your right foot, bend both knees and sink into a lunge. Ensure front knee is in line with your ankle.
3. Twist from the waist, slowly swinging your arms to the right.
4. Return arms to front, then push yourself back with right knee to standing position.
5. Repeat 10 times on each side, then another 10 on your swing side.

TORSTAR NEWS SERVICE

Health in brief

STUDY If you're a public transit rider, you may be in better health than those who use their vehicles. A study by two University of B.C. researchers published in the Journal of Public Health Policy, found people who take transit are three times more likely to meet the Heart and Stroke Foundation's requirement for physical activity. Associate professor Lawrence Frank and doctoral student Ugo Lachapelle used thousands of travel surveys to determine the difference between transit riders and car drivers. The study concludes that making transit incentives more available could produce indirect health benefits. THE CANADIAN PRESS

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What causes hereditary hair loss?

Each hair grows from a pocket in the skin called the hair follicle. During its growing phase, the follicle has a bulb-shaped bottom, the center of which is called the dermal papilla. The papilla is fed by very small blood vessels, which bring it food & oxygen and remove wastes. The papilla is highly sensitive to hormones and chemicals secreted by the body *(or ingested as a medicine)* which impacts hair growth.

It is believed that some individuals have a genetic predisposition to a receding hairline *(most common in men)* or hair/follicle thinning over larger areas of scalp *(more common in women)*. These conditions result from hormonal changes caused by an enzyme in the dermal papilla called 5-alpha-reductase. This enzyme breaks down the hormone testosterone into dihydrotestosterone *(DHT)*.

Over a period of time, an over abundance of DHT causes the hair follicle to degrade and shortens the active phase of the hair, eventually leading to thinner hair and eventual hair loss.

How does BIO-FEN PLUS™ *work?*

Specific compounds within the herbal extracts inhibit the 5-alpha-reductase *(and therefore reduce DHT)* to prevent or slow down the rate of hair loss. This process is the principle by which the prescription drugs such as Propecia *(finasteride)* work. However, BIO-FEN PLUS™ also contains additional compounds which remove excess cholesterol and testosterone – the building blocks of DHT.

BIO-FEN PLUS™ also contains vitamins to increase blood flow to the small capillaries that feed the hair roots, to deliver the active herbal compounds and remove waste. **Therefore, BIO-FEN PLUS™ provides a natural, safer alternative to expensive drugs, and/or expensive & painful hair transplants.** As with the prescription alternatives, results vary from person to person, and no one product will work for everyone.

How long must I use BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or further hair loss is stopped.

Anyone experiencing new growth will see it within four to six months. Once results become apparent, some users are able to reduce their BIO-FEN PLUS™ supplement dose to one capsule every second or every third day. Some clients will continue to take BIO-FEN PLUS™ daily. Once you stop completely, however, your hair growth pattern will slowly go back to the point where you started.

How safe is BIO-FEN PLUS™ *?*

The ingredient combination in BIO-FEN PLUS™ is generally safe for most adults. However, the following cautions are advised:

Folic acid: Consult a health care practitioner if you are uncertain whether or not you are taking adequate vitamin B12, as folate supplementation can mask a Vitamin B12 deficiency.

Vitamin B3: Consult a health care practitioner prior to use if you have impaired liver function.

Vitamin B6: Consult a health care practitioner prior to use if you are taking levodopa.

What is the quality of BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ is manufactured in Canada according to a quality assurance program called Good Manufacturing Practices *(GMP)*. This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and again prior to sale.

See our website to locate your nearest Health Food Store or Pharmacy that offers BIO-FEN PLUS™ and other quality products from Hair Grow Technology. If you have any questions or comments about our products that target hair loss and support the growth of strong, healthy hair, please do not hesitate to contact us.

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D-calcium pantothenate *(Vitamin B5)*	10.40 mg
Niacinamide *(Vitamin B3)*	10.25 mg
Pyridoxine HCl *(Vitamin B6)*	2.00 mg
Riboflavin *(Vitamin B2)*	1.58 mg
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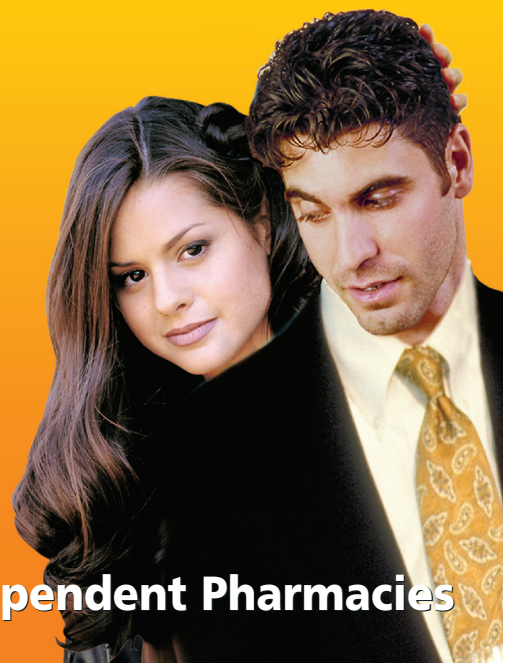

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Obesity can shorten life

Being obese can take years off your life and in some cases may be as dangerous as smoking, a study says. British researchers at the University of Oxford analyzed 57 studies mostly in Europe and North America. THE ASSOCIATED PRESS

Internet pornography exposed

According to statistics, most kids have viewed explicit online material by age 11. But because it's not exactly scientifically ethical to plunk kids down, make them watch hours of porn and ask them what they think, it's difficult to study the effect viewing this stuff is having on them.

Which is why I was excited when Porndemic — a CBC documentary that delves into the business of Internet pornography — introduced Edmonton's Sonya Thompson. Thompson's graduate work focused on researching the effects of pornography on young people. Finally, I thought, some answers.

Thompson got as far as finding out that by age 13-14, 75 per cent of kids had seen porn online. After that, her funding dried up. Seems that while we assume that viewing all this sexual imagery will automatically turn today's kids into a bunch of porn-addicted, sexually depraved, emotionally stilted adults, no one wanted to pay for the research to prove it.

The Swedes have gone there. They interviewed youth aged 14 to 20 about their experiences and perceptions of porn and found that boys watch it more than girls do; girls watch it more as they get older and generally with someone they are involved with. Not much new there.

A 2008 University of Amsterdam study found teens that watched more Internet porn had a more open attitude to casual hookups, one-night stands and a "recreational" view of sex. The researchers warned, however, that one did not lead to the other. That teens who are already more interested in sex than their peers are going to be more interested in finding sexual content on the Internet.

Earlier this year, The Internet Safety Technical Task Force, created by 49 US state attorneys general and a bunch of Internet-savvy folk, said in their final report that while "unwanted exposure to pornography does occur, those most likely to be exposed are those seeking it out."

They reported that kids' family dynamics and psychological makeup "are better predictors of risk than the use of specific media or technologies."

As Alex McKay, research co-ordinator for the Sex Information and Education Council of Canada and one of Canada's leading experts on adolescent sexuality said in an interview on the topic for parentcental.ca: "Kids in the 21st century are going to be exposed to sexually explicit images, and it's naive to think they won't be. The better way is to make sure kids are educated about healthy sex and are media-literate. Any other approach is doomed to failure."

It's like fast food. Kids are exposed to it all the time and McDonald's isn't going away anytime soon. As such, we need to teach kids proper nutrition and how to develop a healthy relationship with food. And that the occasional fast food indulgence is OK.

• Porndemic airs on CBC-TV's Doc Zone, April 2 at 9 pm.

ISTOCK PHOTO

A Swedish study interviewed youth about their experiences and perceptions of porn and found that boys watch it more than girls and that girls watch it more as they get older.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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INFORMATION FEATURE

Some new drugs prescribed by physicians to fight cancer are not covered by the government. To help cover the cost, patients can opt for private insurance policies.

When health care doesn't cover it

Turning to private insurance for critical illness

DENISE SURETTE
for Metro Canada

As Canadians we treasure our universal health care system, trusting that any serious health problems will be taken care of by professionals — and any costs will be covered by the government.

However, some costs aren't covered by the federal or provincial governments, leaving patients with the bill — and often the costs are steep. This is why more Canadians are opting to take out policies to insure themselves against the costs of critical illness.

Deb Maskens, co-founder of Kidney Cancer Canada, says she feels exceptionally fortunate that her private insurance policy covers the expensive drugs she needs to fight her kidney cancer.

"The cost of these new cancer drugs can be $14,000 to $15,000 a year even after 80 per cent coverage," says Maskens. "You're financially ruined."

She says new drugs that can be prescribed by physicians to fight cancer are getting better and better. But often the government won't pay for newer drugs, so without insurance patients are forced to use less effective treatments or go bankrupt.

"Their doctor says they need this drug, then the government says no. It's a life or death situation," says Maskens. "Some people say, 'I'll go quietly. I can't bankrupt my family.'"

"What became clear from our research is, Canadians like their universal health care, but they realize it's flawed"
Ted Warburton, president of Right Choice Insurance

Ted Warburton, president of Right Choice Insurance, says that in light of the extra costs people are facing from serious illness, his company put together an insurance policy that gives patients a lump sum to cover bills, lost wages for time off work, prescriptions or whatever you need covered.

"People would be surprised to know that drugs for advanced cancer aren't covered by the government," says Warburton.

Warburton also says — in response to research Right Choice has done — they provide representatives to answer questions and help speed the wait times along for their clients by working with the specialists.

"What became clear from our research is, Canadians like their universal health care, but they realize it's flawed," says Warburton. "It can be eight or nine weeks to see a specialist, and another seven or eight weeks to get test results back. This can be a terrifying time."

Deb Maskens says she encourages people to check their insurance plans to see what they cover and consider your future.

"In my mind I'm alive today because of my private insurance plan," says Maskens.

Why the wrong insurance policy nearly killed Jeff.

If you're not covered for Critical Illness, what the heck are you covered for?

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rightchoice insurance.ca

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Another daughter for Tim Allen

Tim Allen and his wife of three years, Jane, welcomed a new daughter, Elizabeth, into the world over the weekend, according to Entertainment Tonight. This is the couple's first child. Allen has another daughter from a previous marriage. METRO NEWS SERVICES

Entertainment

Bugged by bike

Despite photos of Scarlett Johansson and hubby Ryan Reynolds on the back of a motorcycle Sunday, the curve-queen supposedly hates the hog and wishes her man would give it up. EONLINE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Adventures of Ryan Reynolds

Canadian actor trying different roles

STEVE GOW
for Metro Canada

The fact that Ryan Reynolds has become a big star in Hollywood perhaps surprises nobody more than Ryan Reynolds.

"I had no expectations, therefore I've had very little disappointment in my career," said the Canadian actor recently in Los Angeles.

"It has been an evolution to really appreciate — I wouldn't dare say perfect this craft because you never do that — but appreciate it to the point that I want to try as many different kinds of work as I can."

And that's just what Reynolds is doing. Having shaken off the media attention that comes with marrying a star like Scarlett Johansson or being named one of People Magazine's Sexiest Men, the down-to-earth 32-year-old is now focusing on the four films he has coming out this year.

"There is something incredibly appealing about playing a guy who lives a fantasy life — I know people like that."
Ryan Reynolds

First up is Adventureland (in theatres this Friday), the amusement park-set comedy in which Reynolds plays a seasoned mechanic engaged in an extramarital affair with a much younger carnival worker.

"I like the thought that this guy has inserted himself into a situation where he can be the big fish in a small pond — and the worst kind of pond too. It's a bunch of kids working a summer job," said Reynolds, who admittedly plays a bit of a creep, but a charming creep nonetheless.

"There is something incredibly appealing about playing a guy who lives a fantasy life — I know people like that," admitted Reynolds.

Soon after Adventureland, Reynolds will return to action in the highly-anticipated thriller, X-Men Origins: Wolverine. While he's quick to appreciate landing a role in a guaranteed blockbuster, Reynolds also realizes avoiding those huge films may be the secret to his unplanned success.

"Because I haven't had a Titanic or one of these movies that would thrust you into a spotlight that you'll never get out of, I've been lucky to do the kind of movies I want to do," he said.

"When you have stupendous success in one genre, it's difficult to do work outside of that genre — you really have to earn it at that point. So I feel like I'm doing a lot of my earning now."

Ryan Reynolds stars in Adventureland, one of the four films he has coming out this year.

TSVANGIRAYI MUKWAZHI/THE ASSOCIATED PRESS

Madonna and adopted son David Banda visit a day care centre for orphans near Lilongwe, Malawi yesterday.

'Madonna is behaving like a bully': Activist

LEGAL A Malawian judge held a closed-door hearing yesterday on Madonna's application to adopt a second child from this southern African country but delayed ruling on the matter until Friday, a court official said.

The 50-year-old pop star and her three children later stopped by a day care centre that has been built with funds from her charity.

Madonna spent about an hour in court yesterday in the Malawi capital of Lilongwe. Court official Thomson Ligowe confirmed that Madonna's adoption application was adjourned until Friday but said he could not reveal any more details.

Yesterday's court docket listed only the child's name — Chifundo James, which means "mercy" in a local language.

It was not immediately known whether any of the girl's relatives were present yesterday.

A Malawian welfare official and another person involved in the proceedings say the girl is about four years old. The girl's father is believed to be alive but no other details were available. They spoke on condition of anonymity because the case is considered sensitive.

The girl's unmarried 18-year-old mother died soon after she was born, according to an uncle, John Ngalande.

The adoption of her three-year-old son, David, whom she met at a Malawian orphanage in October 2006, was finalized last year.

Yesterday, a coalition of non-governmental organizations criticized the pop star's latest adoption application.

"We feel Madonna is behaving like a bully," said Undule Mwakusungura, chairman of the Human Rights Consultative Committee.

"She has the money and the status to use her profile to manipulate, to fast-track the process."

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Three sides to life on road

Plaskett explains concept record

BRYAN BORZYKOWSKI
for Metro Canada

"(The album's) supposed to feel like a trip. It's like the theme, you're going away and then coming back."
Joel Plaskett

It's nothing special to put out a double record these days — if you've got enough songs it's easy to stuff another disc in the package. But a triple album release? That's exactly how many CDs come with Nova Scotia native Joel Plaskett's new release, appropriately titled Three.

The folk rocker and former Thrush Hermit lead singer says the idea to release three records together was simple. "Not a lot of people do it," he says matter of factly. "And I had a lot of songs first and foremost to hang it on."

It also helped that he inadvertently repeated the same word three times in a few of the songs' titles. When he realized he had tracks named: Rolling, Rolling, Rolling; Rewind, Rewind, Rewind; and Gone, Gone, Gone, a light bulb went off and a theme appeared.

"I had a few songs that repeated the same word three times and I though that was cool," he explains. "Why don't I make a record of all songs like that? And then I thought, why don't I make a triple record?"

Writing enough good tracks to fill three records is no easy feat, but then Plaskett also wanted to create a concept record. He says once he recorded everything he had to figure out which song fit where. "I just put all these songs together," he says. "Then I had to connect the dots. It was like 'oh perfect, I know what this one does now.'"

The disc takes a personal look at what life is like on the road. The more upbeat first album is about leaving where you came from, the sombre and folkier second record deals with being away from friends and family, while the lighter third instalment focuses on returning home.

"Travelling and being gone, or trying to return home, is sort of an obvious thing if you're a musician," he says. "But I when I listened back to stuff I recorded while I'd been on the road that was a huge theme that came up."

It's all powerful stuff that could have been derailed if there was a sluggish part to this album, which tends to happen when artists release more than one disc at a time. But, surprisingly, there's not one skip-over song; it's all incredibly catchy music.

Still, Plaskett was worried about cramming too many tunes into one release. "I had moments where I wondered if this was going to turn out right," he says. "Is this getting boring for people?"

He points out that the disc isn't meant to be listened to in one sitting. "That's why it's three different discs, and not a 65 minute CD," he says.

It's more like a three act play, he explains. Or, he adds, a road trip. "It's supposed to feel like a trip. It's like the theme, you're going away and then coming back."

On tour

- Toronto — May 23 @ Massey Hall

Nova Scotia native Joel Plaskett recently released the triple album Three.

Dave Foley to host Genies

AWARDS The Genie Awards now have a host for this weekend's show in Ottawa: Kids in the Hall co-founder Dave Foley.

The 29th annual celebration of homegrown film takes place Saturday at the Canada Aviation Museum.

The event will be broadcast that night on Global and IFC at 9 p.m. ET/PT.

The Necessities of Life goes into the night with a leading eight nominations. It's about an Inuit hunter's treatment in a Quebec hospital.

It's up for best picture, best director and best screenplay.

Other best-picture nominees are Passchendaele, Normal, Amal and Everything is Fine, which has seven nominations.

Sarah Polley and Gordon Pinsent, who both won trophies at last year's celebration for the film Away From Her, are among the presenters.

THE CANADIAN PRESS

Majumder lands comedy pilot

TV Newfoundland-born comedian Shaun Majumder has landed a starring role on an American television series. The Gemini Award-winning actor-comic will shoot a pilot for an untitled comedy for ABC in Los Angeles next month, says his manager, Jodi Lieberman. The show is being created by writer-producer Jeff Strauss, whose previous TV credits include Friends.

THE CANADIAN PRESS

Marley & Me star fetches attention

PAT HEALY
Metro World News

Clyde, the dog who stars in Marley & Me, sat down with Metro for a one-on-one interview recently.

The real star of the Owen Wilson and Jennifer Aniston's film Marley & Me is a three-year-old dog named Clyde. As one of 21 dogs playing the title role in the film — out on DVD today — Clyde steals the show.

The subtitle of John Grogan's best-selling book, upon which the movie is based, is Life and Love with the World's Worst Dog, which is a lot for any one dog to live up to. For Clyde's part, he had to tear apart pillows, knock down toddlers, jump into pools on command and hump a lot of legs.

Mathilde DeCagny had the difficult task of training the dog to appear as if he wasn't trained at all.

"It's training, and it's fun because you take a dog and make him even more of a dog," she says with a subtle French accent.

Clyde is constantly wagging his tail when I meet him and DeCagny at the Boston Public Library, where a group of students had come to see the dog. She says she will eventually have to train Clyde to be a good dog, but not yet.

"I was asked to leave him this way for promotional purposes," she says as the Lab tugs at her leash, eager to socialize more with his audience. "He's also going to be the dog he is, and I'm going to work with that, because I don't want to break his spirit. I need to calm him down a little bit, but he's always going to be a loving, spirited dog."

Clyde, who DeCagny says "did 80 per cent" of the film, is indeed a loving, spirited dog. At one point in the interview, she gives an example of the command that would prompt the pooch to perform his tricks.

"Go get 'em Clyde," she says, and with that, the dog jumps up on this reporter's lap and licks his face, to the laughter of the school children in attendance. Never has an interview subject been so affectionate.

DeCagny has a lot of experience with dogs. She worked on the show Frasier for 11 years, and trained and took care of the two Jack Russell terriers who played Eddie. She also worked with the same dogs in My Dog Skip.

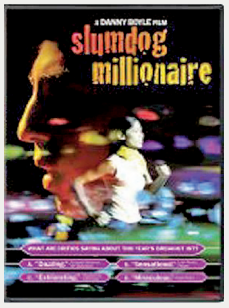
So what's next for Clyde?

"He's not going to have another big feature like this, because once they have such a permanent part, they get typecast," she says. "He belongs to the company that I work for, which is called Birds and Animals Unlimited, but he is with me ... He'll just be my dog."

DVD picks

Slumdog Millionaire

Director: Danny Boyle



THAT ANY KIND of narrative could emerge from the burst of images in this year's best picture Oscar winner is reason enough for applause. The fact that it all comes together for such a unique love story makes it even more special.

It might seem odd that two Britons, director Danny Boyle and screenwriter Simon Beaufoy, would set a movie in Mumbai starring mostly unknown Indian actors. But their enthusiasm is palpable and the tale they chase with wonder and fury couldn't be more universal.

Adapting the award-winning novel Q&A by Vikas Swarup, it's Oliver Twist by way of City of God, with a thread about reality TV that will resonate with anyone who has switched on the box in the past decade.

Slumdog Millionaire deserves all praise, but families should take note of its adult content, including scenes of torture and disfigurement.

Reality isn't always pretty, but in the hands of an astute observer like Boyle it can be wondrous to behold.

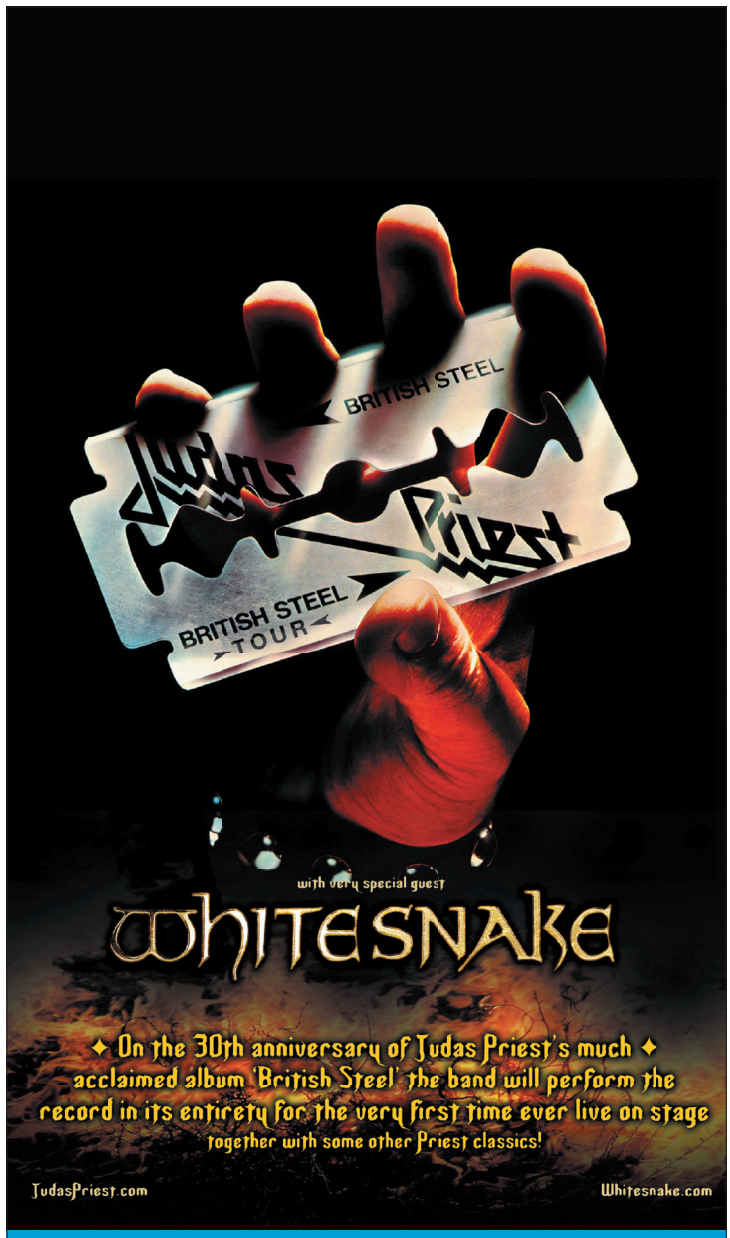
The generous extras include a shared commentary between Boyle and Slumdog star Dev Patel, plus a half hour's worth of deleted and/or extended scenes that assist in appreciating the film.

TORSTAR NEWS SERVICE

On the web

Read the following DVD reviews at metronews.ca:

- Seven Pounds
- Marley & Me



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Campbell hits catwalk in Mumbai

Naomi Campbell has taken to the catwalk in Mumbai to pay tribute to the victims of the city's terror attacks last November. The supermodel wore a collection of traditional Indian clothes on the runway for the show called Mai Mumbai. ANANOVA.COM

The uproar over the Fanboys

New film tells story of Star Wars devotees

PHIL BROWN
for Metro Canada

What is it about a 32-year-old movie about a pair of robots, a princess, and a wookie that has entranced audiences for 32 years?

"Star Wars felt like a breath of fresh air when it came out and you can't repeat that. It captured our collective imagination with classical storytelling," says director Kyle Newman. "The movie was a very smart amalgamation of what came before it, presented in a very new dynamic way."

You've probably heard this speech before from a member of the ever-present cult of George Lucas devotees dismissively known as fanboys. It's a world that Newman knows all to well since he proudly counts himself as a member, and even directed a film called Fanboys — in theatres on Friday.

"I'm a lifelong and die hard Star Wars fan," says Newman. "It was a dream project because I got to do something professionally that overlapped with something that I loved personally."

"We wanted to be respectful towards these people. They're not the stereotypical nerds and geeks."
Kyle Newman

Unlike the wonderful Trekkies, this isn't a documentary about obsessed fans of the holy trilogy, but a comedy about a group of lifelong Star Wars devotees who embark on a cross-country journey in 1998 to steal an advance copy of The Phantom Menace (if only they knew…) that paints a surprisingly loving portrait of the fans.

"We wanted to be respectful towards these people. They're not the stereotypical nerds and geeks."

Unfortunately, once The Weinstein Company saw the finished movie, they were worried about the progeek stance and thought that some extra cash could be made out of mocking the characters.

According to Newman, "There was a time after we'd finished making it that the studio explored different ways to make it broader. They thought that maybe there was a larger audience who would want to just laugh at the characters. But, I think ultimately they realized that was a different movie."

Sadly, not before Newman was booted off his own film for reshoots. "I think they felt like it could be turned into something bigger and it was their right to explore it. But we had a grassroots group of fans who heard about it and we got a lot of support. We had a few early screenings that were pretty successful and word spread on the Internet. When people heard we were going to change it there was an uproar."

Chris Marquette and Kristen Bell star in a scene from the film Fanboys.

The online controversy about the reshooting of Fanboys convinced the studio that there was an audience for the film and Newman was given 36 hours to recut his movie. The final version tested well with audiences and is finally getting released on Friday, several years after production began. Though he's concerned about the online hype creating unrealistic expectations, Newman is still quite proud of Fanboys. "For what I set out to make, I thought I was on target. It's small movie with a lot of heart and laughs. It wasn't supposed to change the world, it was just a love letter to Star Wars."

Howie Beck takes cheerful turn

BRIAN TOWIE
Metro Canada

Sometimes you have to get lost to find something. For Howie Beck, it was music.

The Toronto-based singer-songwriter has returned with How To Fall Down In Public, his first full-length album in almost five years. The disc departs from what fans and critics have typically come to expect from Beck. While the personal melancholy still exists in his lyrics, the musical tone has taken a cheerful turn with buoyant rhythms and bubbly acoustic strings accompanied by urban and pastoral sound effects (crickets chirping and horse hooves clomping on one song, as an example.).

Birthing the album, a process Beck describes as "getting out of my comfort zone," came after a lengthy self-imposed exile to Paris in search of some inspiration, and to play with longtime friend and co-producer Gonzales. New surroundings gave him the spark he needed to put pen to paper.

"I had written some stuff that I wasn't really happy with," Beck said. "For me, Paris was perfect. There's total anonymity there, and there was something very liberating about spending that time by myself. Half the time I'd look up and I wouldn't know where I was: I'd be thinking about music and lyrics all day."

Howie Beck live

- Howie Beck plays the Mod Club Theatre tomorrow.

Recording the album also proved initially difficult for Beck, who co-produced and played every instrument. In recent years, he has collaborated with the likes of Hayden and Sarah Harmer on their respective projects, and wore the production hat on Jason Collett's last two albums. Mastering and editing your own work can be tricky business, he notes, and Beck felt the tension of sitting on both sides of the glass. But a little help from his old pal went a long way.

"Gonzales was a pretty big part of the process for me," he said. "When I produce, those two sides of producer and musician flow easily. When I'm a musician first, it can be very frustrating. I have no objectivity there. But it was about getting away from the usual and challenging the way I think about recording my own music, instead of just, 'Meh, I'll try this, I'll try that.' This time, it was like a switch that flicked."

JODY SHAPIRO PHOTO

Toronto-based singer-songwriter Howie Beck has returned with a new album called How To Fall Down In Public.

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Fergie and Josh to adopt?
Madonna isn't the only star looking to adopt. Newlyweds Fergie and Josh Duhamel are considering expanding their family that way as well. EONLINE.COM

Quirky play is among year's best

Dog Sees God has stunning performances

The best part of theatregoing is the pleasant surprises it can offer you, and they don't come more pleasant or more surprising than Dog Sees God, now playing at Six Degrees.

What seems to be a comedic deconstruction of the famous Peanuts cartoon characters turns out to be one of the most interesting and moving plays out this year, with some absolutely stunning performances.

The fun comes first. CB (a.k.a. Charlie Brown) is a misfit adolescent mourning the loss of his beloved beagle, who recently died. We meet Van (a.k.a. Linus), who is now a stoner, Van's Sister (a.k.a. Lucy), who has been institutionalized as a pyromaniac, Matt (a.k.a. Pigpen), the raging homophobe, etc.

There's a lot of dark laughter watching the innocents of our youth turn into the kind of slackers who fill their milk cartons at lunch with Kahlua and vodka, but just when you're wondering where the joke is going, author Bert V. Royal turns it all around.

CB finds himself falling in love with Beethoven (a.k.a. Schroeder), the school homosexual who is the butt of all jokes and violence. And suddenly, faced with real emotions, these empty vessels fill up with love, hate, violence and anger.

Director Lezlie Wade manages the transition skilfully and, by the end, there were totally unexpected tears rolling down my face.

Jake Epstein is brilliant as CB, a bunch of nerve endings searching for a place to settle. Epstein is so beautifully open and honest that you go with him on every step of his journey. Equally impressive is Ben Lewis as Beethoven, summoning up every odd-boy-out you've ever known in life, but giving him sudden depth, strength and resilience when necessary.

Adamo Ruggiero is wonderfully sly as Van and understudy Lindsey Clark was totally impressive as Van's Sister, blowing me away with her energy and wit in her one wonderful scene.

Mike Lobel and Siobhan Murphy overdo their hateful caricatures a bit, but not enough to cause any serious damage. Dog Sees God is a quirky show in an offbeat location, but if you the make the journey to see it, you'll be more than glad that you did.

TORSTAR NEWS SERVICE

Dog Sees God

• Dog Sees God by Bert V. Royal. Directed by Lezlie Wade. Until April 4 at Six Degrees, 2335 Yonge St. 1-888-222-6608. TORSTAR NEWS SERVICE

LAUREN MCGILL

The cast of Dog Sees God includes, from left, Tatiana Maslany and Jake Epstein.

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Lipstick Jungle's cancelled

After months of speculation, Lipstick Jungle is officially cancelled, according to star Brooke Shields. "It was going to stay and we just were officially told it's finally not coming back," Shields, who played movie exec Wendy Healy, told E! TVGUIDE.COM

Ce qu'il faut pour vivre tops Jutra awards

FILM The film Ce qu'il faut pour vivre took the nod for best picture at the Jutra awards, Quebec's equivalent of the Oscars, as well as getting two other top honours. The film won the best screenplay award for Bernard Emond's script while Inuit Natar Ungalaaq won for best actor.

Ce qu'il faut pour vivre (The Necessities of Life) is the story of an Inuit man brought from his northern home to the city to get treated for tuberculosis in the 1950s. Borderline, the story of a confused young woman, won for best directing by Lyne Charlebois. Isabelle Blais won best actress for her performance in Borderline, while Angele Coutu was named best supporting actress for her role in the same film.

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TV's first family returns

Osbournes Reloaded is an irreverent take on the variety show

The Osbourne family has a six-episode shot at remaking the TV variety show in its image. Sharon Osbourne says they're more than ready for the challenge.

JOSEPH CULTICE/FOX

The Osbournes — from left, Jack, Sharon, Ozzy and Kelly — host Osbournes Reloaded, a six-episode TV variety show.

Osbournes Reloaded, which brings Osbourne, her heavy-metal husband Ozzy and offspring Kelly and Jack back together on TV, debuts on Fox in a cushy Tuesday slot after American Idol.

"We can do this differently because, firstly, we're a family," Sharon Osbourne says. "Secondly, we're a family that's a little bit irreverent and edgy. That kind of makes it more spontaneous ... because you never know what any of us is going to do."

And she slyly observes in a masterful bit of understatement, "We don't take well to structure."

(Neither does Fox: Osbournes Reloaded is debuting at 9:20 p.m. EDT, offbeat timing intended to keep viewers of top-rated Idol onboard. Not coincidentally, both shows are from the same producer, Fremantle-Media North America.)

The Osbournes pulled back the curtain on their messily entertaining family life on MTV's The Osbournes, the genre-making series that inspired others with various levels of fame to shed their privacy.

Too many, Sharon Osbourne contends during an interview. As far as she's concerned, her clan did it first and did it best.

She believes that the variety format will benefit equally from the Osbourne touch, although she carefully notes that what they've created is for families with older children — viewing by tender young things is not advised.

Each Osbourne family member contributes something unique, says the proud matriarch who is also a producer and manager, and has appeared on America's Got Talent and Rock of Love Charm School.

"We don't take well to structure."
Sharon Osbourne

She has no qualms acknowledging that the family rode to fame on Ozzy's rocker coattails but is adamant that her children deserve the spotlight. (They've faced difficulties along the way: Kelly and Jack have battled substance abuse, as has father Ozzy.)

"I'm really proud of the way my kids have turned out," Sharon Osbourne says. "It's very hard coming from a show business family where the mom and dad are established and so much is expected of your kids.

"My kids are very talented," she says, flashing a determined smile. "My daughter's not there because she's got big boobs and done a sex tape. My son's not there because he's a freeloader. They're there because they deserve to have their own show. They can hold it up."

THE ASSOCIATED PRESS

TO	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/31/09 primetime	265	353	2 TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		The Fixer (Part 3 of 6)		Around the World		Agenda-Paikin
	211	331	3 GTV	ET Canada	Entertainment	NCIS "Dead Reckoning"		90210 "Life's a Drag" (N)		Project Runway Canada		News
	215	343	4 OMN1	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6 CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (N) (DVS)		CBC News: The National		The Hour
	214	344	7 CITY	Law & Order: SVU		According-Jim	According-Jim	Scrubs	Friends	Privileged (HDTV)		News (N)
	212	313	8 CTV	etalk	Hollywood	American Idol The finalists perform.			TBA	Law & Order: SVU		News (N)
	218	345	11 E!	The Insider (N)	E! News	The Biggest Loser Recent winners return. (N)				E! News Weekend (N)		News (N)
	137	763	13 TFO	Panorama		La Vie rêvée des rats		Nettoyage à sec (1997, Drame) Miou-Miou.			Folie-aventure	B comme
	-	-	14 -	Raymond	Raymond	News (N)		News (N)		Two/Half Men	King	Cold Case
	213	326	15 SUN	Scrubs	George Lopez	Trading Places ★★ (1983, Comedy) Dan Aykroyd, Eddie Murphy.					The DVD Show	Becker
	-	387	16 CBS	Inside Edition	Hollywood	NCIS "Dead Reckoning"		The Mentalist (HDTV) (N)		(10:01) Without a Trace (N)		News (N)
	-	385	17 NBC	The Insider (N)	Entertainment	The Biggest Loser Recent winners return. (N)				Law & Order: SVU		News (N)
	-	386	18 ABC	Wheel-Fortune	Jeopardy! (N)	Better Off Ted (HDTV)		Dancing With the Stars		(10:02) Cupid "Pilot"		News
	219	346	20 ACH-B	Instant Star	TMZ (N)	Reaper (HDTV) (N)		Dancing With the Stars		(10:01) Without a Trace (N)		News (N)
	-	-	28 FOX	Judge Judy (N)	Two/Half Men	American Idol The finalists perform.			Osbournes	Seinfeld	Two/Half Men	The Simpsons
	-	388	61 PBS	News-Lehrer	Keeping Up	My Health	My Health	Frontline (N) (DVS)		American Future: A History		Business Rpt.
	297	652	330 WPX	Two/Half Men	Family Guy	Reaper (HDTV) (N)		90210 "Life's a Drag" (N)		PIX News at Ten Tong.		Two/Half Men
	296	654	331 SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
	298	653	332 TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	Two/Half Men	Reaper
news	502	390	26 NW	CBC News	Newman	The Hour		CBC News: The National		The Third Sex		National
	500	500	33 CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79 CNB	Kudlow Report		CNBC Reports (HDTV)		The Hunt for Black Gold		On the Money		Mad Money
sports	405	417	22 net	Darts World Premier League.				Best Damn Sports Show		Sportsnet Connected		Hockey Central
	400	400	30 TSN	That's Hockey!	NHL Hockey Chicago Blackhawks at Montreal Canadiens. (HDTV) (Live)					SportsCentre (HDTV) (Live)		
	411	457	58 OLN	Bounty Hunter	Bounty Hunter	Survivorman		Mantracker		Bounty Hunter	Bounty Hunter	Survivorman
	417	406	81 SC	Pimp My Ride	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Hot Import	Hot Import	Pimp My Ride
family	551	542	25 YTV	Adrenaline Proj	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach		Mystery Hnt.
	554	544	45 TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
	556	540	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27 W	Will & Grace	Friends	How to Look Good Naked		Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
	570	580	29 MM	Degrassi: TNG	Instant Star	Paris Hilton's British Friend		Paris Hilton's British Friend		Degrassi: TNG	Instant Star	The Shift
	615	520	31 A&E	CSI: Miami (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		Manhunters	Manhunters	Manhunters
	700	800	35 TLN	Centrovetrine	Sky TG 24	Serie A	Magnifica Italia	Nati Ieri		Raymond	Raymond	George Lopez
	571	581	36 MMM	The Daily Fix		Ranked!		Hogan Knows	Hogan Knows	Entourage	Gene Simmons	The Daily Fix
	575	583	38 CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Weddings
	616	521	39 SHO	The Outer Limits		Mutant X "Altered Ego"		Testees	Trailer Park	Saving Grace (N)		House
	620	523	40 BVO	Quetango Argentine tango.		Live at the Rehearsal Hall		Diana Krall: Union Station		Samba Squad		Law & Order
	601	562	41 SLC	Skin Deep	Til Debt-Part	Rich Poor	Rich Poor	Rich Bride, Poor Bride		Rich Bride, Poor Bride		ET Canada
	522	506	43 HIS	NCIS "Blackwater"		Sandhogs		Crime Stories		NCIS "Blackwater"		Sea Hunters
	625	548	44 COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Lewis Black	Flt.-Conchords	Daily Show
	600	564	46 H&G	House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	Design Inc.	House Hunters	House Hunters	Holmes-Homes
	294	529	47 TBS	House-Payne	House-Payne	Snake Eyes ★ (1998, Suspense) Nicolas Cage.				Seinfeld	Family Guy	Snake Eyes ★
	576	582	49 BET	106 & Park	Diary of a Mad Black Woman ★★ (2005, Comedy-Drama) Kimberly Elise.					College Hill	College Hill	Diary-Black
	627	528	50 SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Torchwood "Meat"		(10:05) Destination Truth (N)		Stargate SG-1
	581	566	52 MTV	Room Raiders	After	MTV News	Cribs	From G's to Gents		From G's to Gents (N)		MTV Live
	618	524	54 TROP	Vanity Insanity	Tube Tales	Tube Tales	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	56 FOOD	Chef at Home	French Food	Restaurant Makeover		The F Word (N)		Good Eats	Good Eats	Iron Chef Am.
	261	394	60 V	Murder, She Wrote		Chambers	On the Buses	Quantum Leap		I Prophesy	Music, Elijah	Archaeologist
	621	527	63 STR	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Living the Life	Look-A-Like	The Tonight Show-Jay Leno		TMZ
	553	546	65 TRE	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby
	115	711	101 TVA	Les Gags (SC)	Star Académie:	La Fièvre de la danse (SC)		La Promesse (HDTV) (N) (SC)		TVA 22 heures	(10:45) Denis Lévesque	
	126	730	102 RDI	24 Heures en 60 minutes				Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249 VIVA	Judging Amy		Missing A judge is blackmailed.		Missing "Resurrection"		Encounters	In Dreams	Psychic Inv.
	300	601	301 M1	(6:45) In the Valley of Elah ★★★ (2007, Drama)				August Rush ★★ (2007, Drama) Freddie Highmore.				Encountrs
	305	612	306 PIX	Nightworld	(7:20) Harry's Case (2001, Mystery)			The Ladies Man ★ (2000, Comedy)			Ignition (2002, Suspense)	

critics' corner

The Ladies Man
This is another movie that expands a "Saturday Night Live" sketch to feature-film length, but unfortunately, it's closer in quality to "It's Pat" than "Wayne's World." Tim Meadows assumes his familiar television role as romance adviser Leon Phelps. Here, he is in need of some counsel himself, as a former flame suddenly re-enters his life. 11 AM on PIX

Wild Roses
Nothing like a case of 20/20 hindsight. In this new episode, Kate wonders if she acted rashly in deciding to flee Rivercross with Peter. As Will pulls the plug on the Henrys' exploratory well, he gets a request from Rebecca to dig up some dirt on David in "First and Last." 9 PM on CBC

Testees
If you've seen the movie "Liar Liar," you can guess how this episode is going to turn out. Ron and Peter are testing a truth serum, which causes Peter to spill a secret about his past that could mean the end of the guys' friendship in "Truth Serum." 9 PM on SHO

Nashville honours Four Seasons' Gaudio

MUSIC Bob Gaudio may be a Jersey boy, but Nashville, Tenn. has earned his respect. Gaudio, a founding member of The Four Seasons and the writer of most of their hits, was honoured in a brief ceremony Sunday night after a performance of the musical Jersey Boys at the Tennessee Performing Arts Center.

"Nashville rocks," said Gaudio, who has lived in Nashville 16 years. "It's the greatest music city."

Celebrated film score composer Jarre dies

MUSIC Oscar-winning composer Maurice Jarre, who captured the majesty of the desert in his music for Lawrence of Arabia and wrote the haunting Lara's Theme in his score for Doctor Zhivago, has died. He was 84. Jarre died in his villa in California, where he had lived for decades.

THE ASSOCIATED PRESS

GlobalStyle
Kenya Hunt
metronews.ca/globalstyle

Hartnett's health problems?
Actor Josh Hartnett was taken to the hospital early Monday morning after reportedly suffering from abdominal pains, TMZ says. The actor reportedly was at the Chateau Marmont hotel in West Hollywood when he began experiencing pain. POPEATER.COM

Celebrity Buzz

Reese fought for gown

PEOPLE Reese Witherspoon had to fight for the gown she wore to the Oscars in 2006 — because the owner didn't want her to wear it, reports femalefirst.co.uk

The actress found the vintage Dior dress in Paris, and decided she had to have it for the Academy Awards — but the shop owner was far from accommodating.

She recalls, "My stylist said, 'Please let her try it on.' And I tried it on and it fit perfectly, like, no alterations."

The store owner explained why he had been so reluctant to part with the dress — it had once belonged to a princess.

METRO NEWS SERVICES

Keith's ode to Nicole

MARRIAGE Nicole Kidman was "touched" when her husband Keith Urban wrote a song for her, femalefirst.co.uk reports.

The 41-year-old musician and his writing partner Rick Nowels penned Thank You — which includes the lyrics "I thank God for grace and mercy, and that you became my wife" — and revealed Kidman was thrilled when she first heard it.

Urban said: "It was very instinctual and very much from the heart. We did a quick recording of it, and I took it home and played it for her that night. I think she was very touched."

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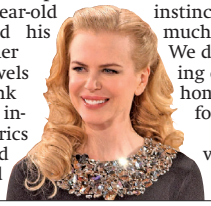

Gisele's love triangle

RELATIONSHIP The birth of football star Tom Brady's son with ex-girlfriend Bridget Moynahan threw off Gisele Bündchen when she started dating him, people.com reports.

"In the beginning you're living this romantic fantasy; you're thinking, this can't be true, it's so good!" the supermodel, 28, tells Vanity Fair. "And then, whoops — wake-up call!"

The pregnancy made her "question at times — 'Should I stay here? Maybe you should work this out,'" but she says in the end, it "was a blessing, because otherwise I don't think I would have known what he was made of, and he wouldn't have known what I was made of," she says.

METRO NEWS SERVICES

Liam looked 'so sad'

PEOPLE Liam Neeson — who is mourning the death of his beloved wife Natasha Richardson — has completed filming the Julianne Moore indie Chloe, which he was shooting when Richardson had her fatal skiing accident, usmagazine.com is reporting.

He returned to work last week in Toronto, a film rep tells Us, days after Richardson's March 22 funeral in upstate New York.

The New York Post reports that Neeson was spotting sitting by himself at the bar at Toronto's Hazelton Hotel. Said a witness, "It was so sad. He looked like he was in an Edward Hopper print."

Richardson's sister, Joely, also returned to work Thursday on the set of the BBC remake of The Day of the Triffids. But mother Vanessa Redgrave has postponed her April 27 performance of The Year of Magical Thinking in NYC.

Richardson, 45, died March 18 of internal brain bleeding after suffering a head injury during a skiing accident in Canada.

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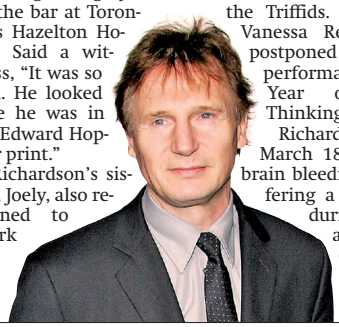

Brangie adopting again?

KIDS In other adoption news, Brad Pitt and Angelina Jolie are reportedly ready to welcome another child into their home, this time from India.

The Sunday Express reports that the couple decided on adopting from the nation after visiting the Priya Darshini Orphanage in 2006, but were too busy at the time.

"They filled out all the paperwork but had to put the adoption on hold because of all their other commitments," a source tells the newspaper.

The Sunday Express also reports that when the couple was asked by 10-year-old Slumdog Millionaire star Azharuddin Mohammed Ismail why they hadn't adopted from India yet, Jolie told him, "Well, I'll let you into a little secret, we will soon."

METRO WORLD NEWS

Kate and Lily, drinking buds

PEOPLE Kate Moss beat Lily Allen in a drinking contest, femalefirst.co.uk reports.

The 35-year-old supermodel challenged her friend to a cocktail making and drinking bout at her London home last week, and emerged victorious.

Moss was crowned the winner at around 4 a.m. and is now looking forward to receiving a mystery prize from the 23-year-old singer. Lily planned to take a portrait of the model by graffiti artist Banksy from Moss' lounge if she won.

METRO NEWS SERVICES

Got $9,500? Rent Vince's house

PEOPLE Vince Vaughn is set to rent out his Chicago, home, femalefirst.co.uk reports. The four-bedroom townhouse is available to rent for $9,500 US a month.

And he's even leaving his king-size bed and home theatre, according to people.com.

Vaughn, who lives nearby in the Palmolive Building, has no plans to sell it.

METRO NEWS SERVICES

GETTY IMAGES

Ricky's clubbing nightmare

PEOPLE Ricky Martin had trouble enjoying himself at Miami nightclub Mansion recently. The singer was continually accosted by an aggressive female fan, according to Gatecrasher.

"This girl kept going over and asking him to 'shake your bon bon!' and screaming in his face," an eyewitness says. "He snapped back, 'That's really not cool. Please don't embarrass me like this.'" Martin and his entourage eventually moved to the other side of the club to avoid her and continued to dance until 3 a.m.

METRO WORLD NEWS

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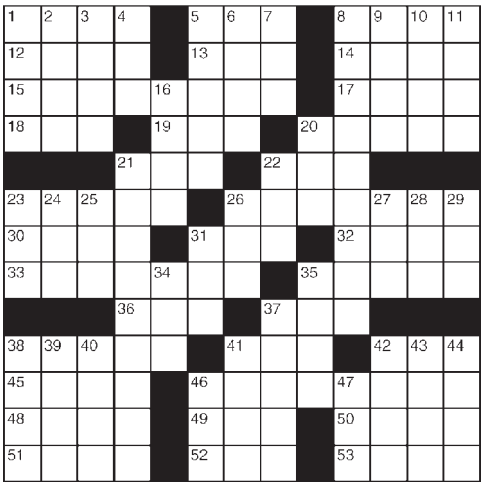

Crossword across

1 "Little Women" woman
5 Timid
8 Lean-to
12 Operatic solo
13 Meadow
14 Troubadour's instrument
15 Avon product
17 Chills and fever
18 Type units
19 "A mouse!"
20 Garden intruder
21 Automobile
22 Billboards
23 Future juniors
26 Police record book
30 Neighbourhood
31 Seek damages
32 Corn Belt state
33 Henson's troupe
35 Piece of hardware
36 Firmament
37 Stir-fry vessel
38 Struck, old-style
41 Disencumber
42 Petrol
45 California city
46 Crankcase accessory
48 Grand story
49 Mimic
50 "Rule, Britannia" composer
51 Seven-day period
52 "Certainly"
53 Huffed and puffed

Crossword down

1 Batman portrayer Christian
2 Ms. Brockovich
3 Gratuities
4 Owns
5 More cunning
6 Kin of "darn"
7 Tibetan beast
8 Three Stooges specialty
9 Laurie or Grant
10 Needle case
11 Homeowner's paper
16 Afternoon affairs
20 Big bother
21 Blistex rival
22 Hearty quaff
23 "Casablanca" pianist
24 Tulsa sch.
25 Energy
26 Clear the tables
27 Anderson's "High —"
28 Ram's partner
29 Uncivilized
31 Pigs' digs
34 — out a living
35 Lays down the lawn
37 Uses a paper towel
38 Passel
39 Sulk
40 Garfield's pal
41 Ready for the picking
42 Lass
43 Dermatologist's concern
44 Distort
46 Rotation duration
47 Bill

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

1			6					
7	6			8				
		4				2	6	
	3		7		6			9
9			5		8			1
4			2		1		3	
	5	3				9		
				1			5	2
					2			8

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

7	5	1	8	4	6	9	2	3
4	9	3	7	2	1	8	5	6
2	6	8	5	9	3	4	1	7
9	3	4	1	6	5	7	8	2
1	8	2	4	3	7	5	6	9
5	7	6	2	8	9	3	4	1
6	2	7	9	5	8	1	3	4
8	4	9	3	1	2	6	7	5
3	1	5	6	7	4	2	9	8

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Veal Marsala

INGREDIENTS:

12 large white mushrooms
1 lb (500 g) veal cutlets
1/2 tsp (2 ml) pepper
Salt to taste
1/4 cup (50 ml)
2 tbsp (25 ml) margarine, cut into 4 pieces
3/4 cup (175 ml) dry Marsala wine
3 tbsp (45 ml) chopped flat-leaf parsley

METHOD:

1. Preheat oven to 250°F (120°C). Place baking sheet on middle rack of oven. Trim ends of mushrooms, then thinly slice mushrooms and set aside.
2. Place veal between pieces of wax paper and pound with meat mallet, from centre out, to 1/3-in. (0.25-cm) thickness. Sprinkle with pepper and salt. Place flour in ziplock bag. Ad veal, a few slices at a time, and shake to coat.
3. Coat large frying pan with non-stick cooking spray and set over high heat. Melt 1 piece margarine in pan, tilting to coat. Sauté a few pieces of veal at a time until browned, about 1 minute per side. Transfer cutlets to baking sheet in oven, repeat with remaining veal, adding margarine as needed.
4. Sauté mushrooms in pan until golden, 3 minutes. Pour in Marsala, scraping up brown bits left in pan. Cook until pan juices are reduced to 1/2 cup (125 ml), 2 minutes. Return veal to pan, stacking if necessary. Turn to coat with hot pan juices and sprinkle with parsley.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Willpower is needed with a tough guy. An adventure will be the best idea for a good time. Be cool when the truth is revealed.

TAURUS
APRIL 21-MAY 21
Good fortune comes after someone spills the beans. A narcissist fails to live up to their potential. A bothersome pest's attraction grows embarrassing.

GEMINI
MAY 22-JUNE 21
Creative matters will bring you good luck. A rambling elder is faced with a quarrel. An agreement will take place if you listen.

CANCER
JUNE 22-JULY 22
A game-player's advice will change a worldly friend. An unhappy guy starts cheering up. Strange looks will put you in a tough position.

LEO
JULY 23-AUG 23
Pay attention to sensational good luck. Amusement comes from witnessing a temper tantrum. A tiresome task produces a bit of nervousness.

VIRGO
AUG 24-SEPT 22
A friend needs more time to say goodbye. A new plan will be counter-productive. Your patience will be rewarded.

LIBRA
SEPT 23-OCT 23
A devoted person's challenge must be faced. Avoid the desire for something different. Shake the dust of melancholy from your mind.

SCORPIO
OCT 24-NOV 22
A woman has news about a dysfunctional relationship. A bureaucratic problem arises. Good intentions are stopping your progress.

SAGITTARIUS
NOV 23-DEC 21
Your love life needs more care and attention. Expect to get a reply about a request. A date will be missed because of negligence.

CAPRICORN
DEC 22-JAN 20
Someone complains of being cramped. You must focus on your willpower and make demands. Don't ask anyone to cancel their plans.

AQUARIUS
JAN 21-FEB 18
An unhappy visitor will amuse those sent to help. Ask someone to find a simple solution. Have courage when dealing with management.

PISCES
FEB 19-MARCH 20
A wicked person walks a stony road. Don't make anybody look silly. Think carefully before making a drastic change.

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WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Pub quaff yarn (1)
2. Jump over a jalopy (1)
3. Hint of color on a door pivot (1)
4. One who nourishes a Lebanon tree (2)
5. Chap's capes or spy garb (1)
6. Uncomplicated golf ball indentation (2)
7. Plumps up poultry at KFC (2)

ANSWERS
1. ALE TALE 2. LEAP HEAP 3. HINGE TINGE 4. CEDAR FEEDER
5. BLOKES CLOAKS 6. SIMPLE DIMPLE 7. THICKENS CHICKENS

3-31-09

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